



A guide to...

Reconstituting Oral Medicine at Home *Patient Information*

Children's Emergency Department (CED)
Watford General Hospital



Reconstituting means to mix water with a powder to produce a liquid.

This leaflet explains how to reconstitute a bottle of medicine. It is for parents or carers whose child has been discharged with medicine that needs to be made at a later date, either because it is a delayed prescription or because further bottles are needed which would expire if made up at the time of discharge.

These medicines are usually antibiotics preparations and they have a short shelf life once reconstituted so it is more convenient for you to do this at home rather than having to return to the hospital at a later date to get more.

How do I reconstitute the medicine?

When you are discharged, the nurse will provide you with bottles and syringes and will inform you how much water needs to be added. This information is also detailed on the side of the bottle.

If you have been given a bottle that is already reconstituted and this is for further bottles, do not make it up until the first bottle is finished or it at its expiry time.

Instructions

1. Boil tap water and allow it to cool to room temperature.
2. Wash your hands under warm running water using soap, and dry thoroughly.
3. Shake the bottle gently with the lid on to loosen the powder and break up any clumps.
4. Using the measuring syringe provided, draw up and add the cool boiled water to the desired amount (advised at discharge and detailed on the bottle).
5. Put the lid back onto the bottle and gently shake until all of the power is dispersed.
6. Check the bottom of the bottle to ensure no powder remains — tapping the bottle against the hard surface can dislodge any of this.

Once the bottle has been reconstituted, it will have a short expiry date and will most likely need to be stored in the fridge as advised by your nurse when discharged.

The bottle will advise for how many days it can be kept for after it is made up and whether there are any special storage requirements.

Complete the entire course as instructed. If there is any medicine left in the bottle at the end, discard the entire sealed bottle into the bin or dispose of it at your local pharmacy. **DO NOT** pour it into the sink or flush it down the toilet.

Never give medicines prescribed for your child to anyone else, even if their condition appears to be the same, as this could do harm.

If you have any further questions, you can either speak with your local pharmacist, or call the Children's Emergency Department on 01923 217564.

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.uk**



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