

# ACCEPTED MEDICATION ADMINISTRATION TECHNIQUES

**Before and after administering any medication, wash hands thoroughly!**

## 1. DIAPER CREAMS, OINTMENTS, ETC.:

- a. Gently remove old medication with baby wipes (wipe front to back).
- b. Apply new cream sparingly with gloved hand.

## 2. NOSE DROPS:

- a. Lay young child down, or if old enough to hold still, seat the child with head tipped back.
- b. Seek help to hold an infant's head and hands.
- c. Without touching the dropper to the nose, drop the correct number of drops into the first nostril, allow time for a breath, and then put drops in the other.
- d. Keep the head back for a few seconds and then sit the child up.
- e. Wipe drainage with a tissue.
- f. If the dropper inadvertently touches the nose, wash with soap and water and dry thoroughly.

## 3. EYE DROPS (LIQUID):

- a. Lay young child down, or if old enough to hold still, seat the child with the head tilted back.
- b. Seek help to hold an infant's head and hands.
- c. Pull down the child's lower eyelid with a gloved hand.
- d. Without touching the dropper to the eye or eyelid, drop the prescribed number of drops into the center of the eyelid.
- e. Allow the child to blink several times, then put the drops in the other eye using a clean glove and the same procedure.
- f. If the dropper inadvertently touches the eye or lid, wash with soap and water and dry thoroughly.

#### **4. EYE OINTMENT:**

- a. Lay a young child down or if old enough to hold still, seat the child with the head tilted back.
- b. Seek help holding an infant.
- c. Pull down the lower eyelid using a gloved hand. Do the unaffected eye first if applicable.
- d. Squeeze ointment between the lower lid and the eye in one steady stream, from the outside corner toward the nose.
- e. Change glove and apply medication to the other eye if ordered. Ointments may cause temporary fuzzy vision. This can be frightening for the child and can also be dangerous if the child is allowed to return to active play immediately. Have the child sit quietly until his vision clears.
- f. If tube inadvertently touches the eye, wash the tip with soap and water and dry thoroughly.

#### **5. EAR DROPS:**

- a. Lay a young child down, or if old enough to hold still, seat the child with head tipped to the side.
- b. Seek help with holding an infant.
- c. Straighten ear canal (If an infant, gently pull the ear lobe straight back; for older children, pull the ear lobe up and back.)
- d. Put the prescribed number of drops in the canal without touching the dropper to the ear.
- e. Fold the lobe over the ear and hold it in place for a few seconds.
- f. Turn head to the other side and repeat. (If dropper inadvertently touches the ear, wash with soap and water and dry thoroughly.)

#### **6. LIQUID ORAL MEDICATIONS (BY MOUTH):**

- a. Pour exact amount into med cup. Hold at eye level to check accuracy.
- b. Children who are old enough should be encouraged to drink on their own, holding the cup.

- c. Infants should be held, and the medicine poured slowly into their mouth, followed quickly by sips from a bottle of water; or medicine can be poured into a nipple for sucking.
- d. If a syringe is used, aim the syringe into the cheek/side of mouth.
- e. **DO NOT PUT MEDICATION INTO A BOTTLE OF LIQUID.**

## 7. ORAL MEDICINES - PILLS AND CAPSULES

- a. If the child is able to swallow them easily, follow with at least 4 ounces of water.
- b. If unable to swallow, pills may be crushed or opened and placed in one 1 tablespoon of applesauce and followed by 4 ounces of water.
- c. Read the product label for instructions to confirm if a pill can be crushed.

Resource: [How to Give Medications to Children - Royal Children's Hospital - Australia](#)

