

Helping Medication Taste Better!

Taking a Tablet Medication



What's your **medication**?

(Write the name above!)



START



Hey!

A B C D

Circle your favourite choice as you go along!



Ask your **pharmacist** or **healthcare worker!**

Can my medication be crushed or chewed?



How do I take my medication?

1

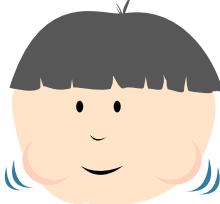
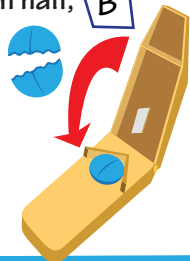
For **tablet** medication,

swallow whole, **A**

cut in half, **B**

or chew! **C**

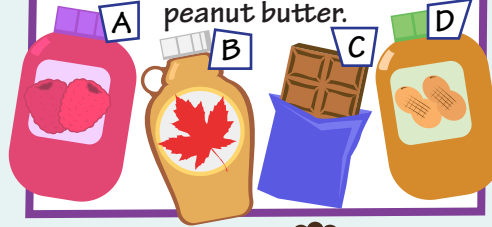
D You may also **crush** and **mix** with water, juice, raspberry jam, apple sauce, cereal, chocolate pudding or crushed bananas.



How can I make medication more **yummy**?

2

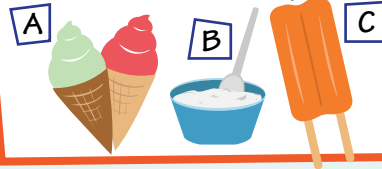
Before and after: Try raspberry jam, maple syrup chocolate or, if not allergic, peanut butter.



How can I trick my taste buds so that my medication tastes **better**?

3

Before and after: Try cold treats like ice cream, high fat yogurt, or a popsicle.



Ask your **pharmacist** or **healthcare worker!**

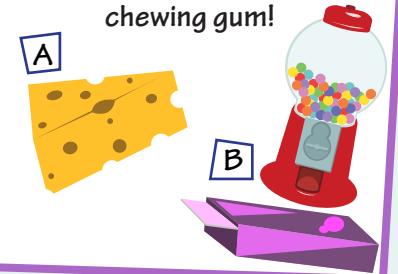
Are there certain foods or drinks I should avoid?



What can I have **after** taking my medication?

4

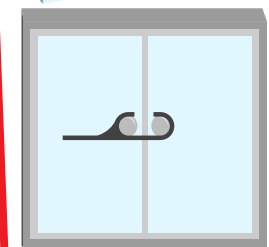
Try eating strong-flavoured food such as cheese or try chewing gum!



But don't take your medication without your **parents' permission!**

5

Store safely!



Lock up!
* As a parent, you should keep medication out of reach from children.

FINISH

