

Helping Medication Taste Better!

Taking a Capsule Medication

What's your **medication**?

(Write the name above!)

capsule

START



Hey!

A B C D

Circle your favourite choice as you go along!

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

Can my medication be mixed with food?



How do I take my medication?

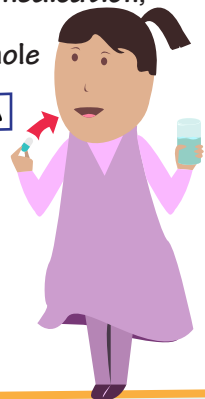
1

For **capsule** medication,

swallow whole



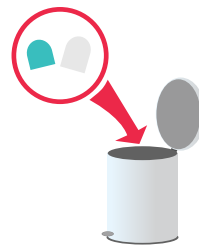
A



B OR **open** and **sprinkle** on water, juice, raspberry jam, apple sauce, cereal, chocolate pudding or crushed bananas.



Make sure the capsules are empty before throwing them out!



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

2

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

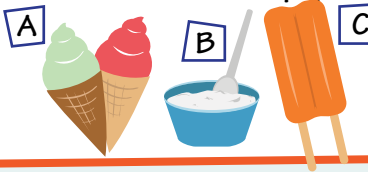


How can I trick my taste buds so that my medication tastes **better**?

3

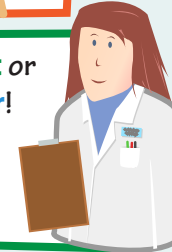
Before and **after**:

Try cold treats like ice cream, high fat yogurt, or a popsicle.



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

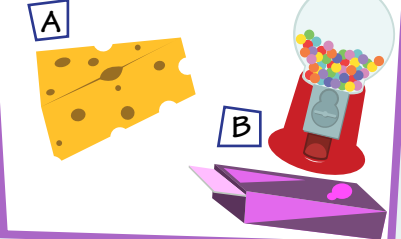
Are there certain foods or drinks I should avoid?



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

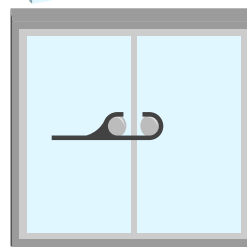
4

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



5

Store safely!



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

FINISH



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

Can natural **health products** and **non-prescription drugs** be taken with my medication?

