Use a medicine spoon or dropper that has markings on it to measure your child’s liquid medicine. The pharmacy may give you a medicine spoon or dropper with your child’s medicine. You can also buy the spoon or dropper at the drug store and use it for measuring liquid medicines.

The markings on the spoon or dropper help you measure the correct amount of medicine. **Do not use other spoons that you have in your home without markings** as they may cause you to give the wrong amount of medicine which is not safe.

**Using the Spoon**

1. Open the medicine bottle.
2. Hold the medicine spoon up and find the marking for the amount of medicine or dose needed. There are 2 different measurements, teaspoon (tsp.) and milliliter (ml.), as shown on the pictures of the spoon. (1 teaspoon = 5 milliliters.) Find the measurement that matches the dose you need.
3. Slowly pour the medicine from the bottle into the spoon to the mark for the amount needed. Set the bottle of medicine down.
4. Place the tip of the spoon in the child’s mouth like a feeding spoon and give the medicine. Be sure the child is sitting up when giving the medicine.

**chāmchīko prāyog**

1. औषधीय चम्वी सिसी खोल्नुहोस्।
2. औषधीय चम्चीलाई माथि उठाउनुहोस् र औषधीको आवश्यक मात्रा वा खुराकका लागि अंकित मात्र हेतु नहुनेहो।
3. सिसीबाट औषधी विट्ठारै चम्चीमा आवश्यक मात्रा अनुसार खानाल्नुहोस्। औषधीको सिसीलाई तल राख्नुहोस्।
4. चम्चीको दुप्पो मानीको मुखमा खुवाउने चम्ची सरह राख्नुहोस् र औषधी खुवाउनुहोस्। औषधी खुवाउँदै नानी ठाँडो बसेको अवसथामा रहेको सुनिश्चित गर्नुहोस्।
5. Clean the medicine spoon by washing it with warm water and mild soap. Rinse it well with clean water and let it air dry on a clean towel.

Using the Dropper

You may want to first practice using the dropper with water to get used to how it works. Be careful not to pull the medicine up into the bulb of the dropper.

1. Open the medicine bottle.
2. Pick up the dropper and find the mark on the dropper for the amount or dose of medicine needed. There are 2 different measurements, teaspoon (tsp.) and milliliter (ml.), as shown on the pictures of the dropper. (1 teaspoon = 5 milliliters.) Find the measurement that matches the dose you need.
3. Squeeze the bulb end and put the tip of the dropper into the medicine bottle.
4. Slowly let pressure off of the bulb. You will see the medicine being pulled up into the dropper.
5. When you get the medicine pulled up to the mark of the amount needed, pull the dropper tip out of the liquid and let the pressure off of the bulb.
6. Check that the medicine is to the right mark for the amount needed. Squeeze the bulb to either remove extra medicine or to pull up more medicine if needed.

德拉को प्रयोग

德拉ले कसरी काम गर्न भनी राम्रो सिकिनुका लागि तपाईंले पहिला पसको प्रयोग पानीसैं गरु आयाम चाहनुहुन गर्न सक्छन्। औषधी ड्रपरको बल्बसम्म नतानिर्देश भनी ध्यान राख्नुहोस्।
1. औषधीको ससीयो खोल्नुहोस्।

2. ड्रपरको बल्बसम्म गरिएसको आवश्यक खाराकका लागि ड्रपरमा मापक चिह्न खोल्नुहोस्। ड्रपरको भित्रमा देखाइए अनुसार दुई भिन्न किसिमका मापन हुन्नु, दियाचम्बी (tsp.) र मिलिलिटर (ml.)। (1 दियाचम्बी = 5 मिलिलिटर)। तपाईंलाई चाहिएको सूचकसित त्यो मापको मैलान गर्नुहोस्।

3. बल्बको पुछारामा ड्रपरको दियाचम्बी र ड्रपरको दियाचम्बी औषधीको ससीमा व्यस्त हाल्नुहोस्।
4. बल्बको थिचालाई विस्तार छोड्नुहोस्। औषधी ड्रपरमा तानिको तपाईंले देखाउनुहोस्।

5. जब तपाईंलाई चाहिएको मात्रको मापन चिह्नसम्म औषधी ड्रपरमा तानिन्न छ, ड्रपरको दुधोलाई औषधीको ससीबाट बाहिर निकाल्नुहोस् र बल्बलाई दबाबमुक्त गर्नुहोस्।

6. औषधी चाहिएको मात्रको मापन चिह्नसम्म भरिएको छ भन्ने हेन्नुहोस्। औषधी धेरे मात्रका तानिको छ भने बल्बलाई थिचेर कम गन्त्व होस् र आयामक भए धप औषधी तानिन्नुहोस्।
7. **Using a Medicine Spoon or Dropper. Nepali.**

7. Using a Medicine Spoon or Dropper. Nepali.

8. Remove the bulb from the dropper and wash both pieces with warm water and mild soap. Rinse the pieces well with clean water and then let the pieces air dry on a clean towel.

**Medicine Safety**

- Be sure to keep all medicines and the medicine spoon or dropper out of the reach of children for safety.

- Check the dose amount. It may vary from one child to another based on the child’s weight or age.

- Ask your doctor or pharmacist if you are not sure how to give any medicine to your child. You need to be sure you know:
  - What medicine and how much you should give your child.
  - How often you should give the medicine.
  - How long you should give the medicine. Some medicine may only be given for a few days. Other medicine may need to be given for years to treat long term problems.

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Using a Medicine Spoon or Dropper. Nepali.