

# 使用药匙或滴管

## Using a Medicine Spoon or Dropper

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.

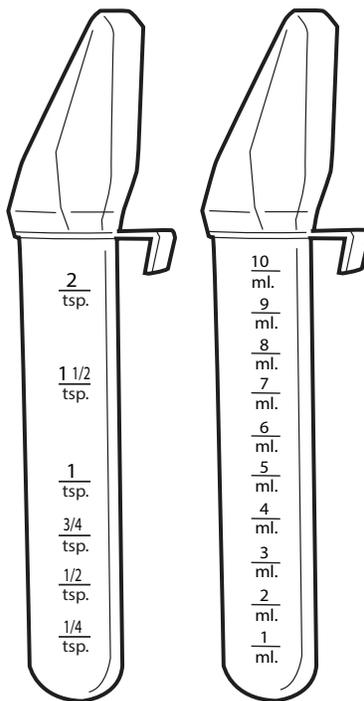
使用带有刻度的药匙或滴管来测量您孩子的药水。药房可能会在您购买儿童药水时提供药匙或滴管。您也可以在药店购买药匙或滴管，然后用它来测量液体药物。

药匙或滴管上的刻度可帮助您正确计量药物。**不要使用家中其他无刻度的勺子**，因为它们可能会导致您给错药剂量，不安全。

### 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.

### 使用药匙



1. 打开药瓶。
2. 拿起药匙，找到所需药量或剂量的刻度。如药匙图片所示，有2种不同的刻度：茶匙 (tsp.) 和毫升 (ml.)。(1茶匙=5毫升)。找到与您所需剂量匹配的刻度。
3. 将药水从药瓶中缓慢倒入药匙，直至达到所需量。放下药瓶。
4. 将药匙的尖端像喂奶汤匙一样放进孩子的嘴中，然后喂药。给药时，确保孩子坐正。

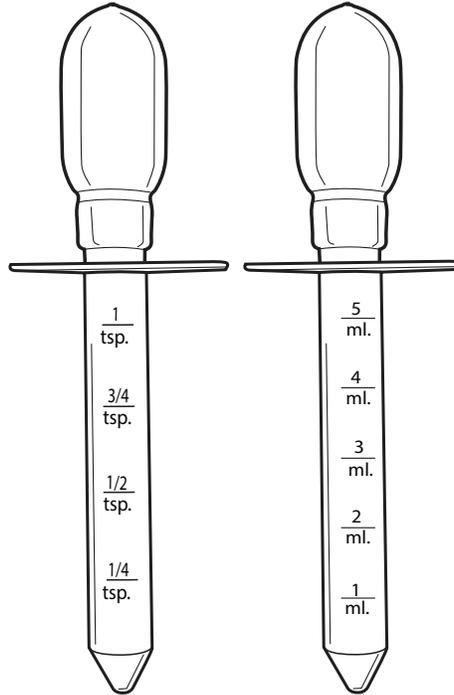
5. Clean the medicine spoon by washing it with warm water and mild soap. Rinse it well with clean water and let it air dry on a clean towel.

5. 用温水和温和的肥皂清洗药匙，直至清洁。用清水冲洗干净，然后用干净的毛巾擦干。

## 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.



## 使用滴管

您可能需要先用水来练习使用滴管，以习惯其工作原理。注意不要将药物吸到滴管胶帽中。

1. 打开药瓶。
2. 拿起滴管，在滴管上找到所需药物量或剂量的刻度。如滴管图片所示，有2种不同的刻度：茶匙 (tsp.) 和毫升 (ml.)。(1 茶匙=5毫升)。找到与您所需剂量匹配的刻度。
3. 挤压滴管胶帽，将滴管的尖端插入药瓶。
4. 缓慢释放滴管胶帽的压力。您会看到药物被吸入滴管。
5. 当您把药物吸到所需量的刻度时，将滴管尖端从药水中提起，并释放滴管胶帽的压力。
6. 检查药水处于所需剂量的正确刻度。挤压滴管胶帽以排出多余的药水或根据需要吸取更多的药水。

7. Place the dropper tip into the child's mouth like a feeding spoon and gently squeeze to release the medicine. Be sure the child is sitting up when giving the medicine. For very young children, it may work best to put the tip in towards their cheek, so they do not push the medicine out with their tongue.
  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.
7. 像喂奶勺一样将滴管尖端放进孩子的嘴中，然后轻轻挤压以释放药水。给药时，确保孩子坐正。对于年幼的孩子，最好将管尖朝着他们的脸颊放入，这样他们就无法用舌头将药水吐出。
  8. 从滴管中取出滴管胶帽，并用温水和中性肥皂清洗滴管和胶帽。用干净的水冲洗干净，然后用干净的毛巾擦干。

## 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.

## 药品安全事项

- 为确保安全，请务必将所有药品以及药匙或滴管放在儿童接触不到的地方。
- 检查剂量。根据孩子的体重或年龄，不同的孩子所需剂量可能会有所不同。
- 如果您不确定孩子的给药剂量与剂型，请咨询您的医生或药剂师。您需要确保您了解：
  - ▶ 您应该给孩子**什么药**和**多少药**。
  - ▶ 您应该**多久**给一次药。
  - ▶ 您应该给**多长时间**的药。有些药物只需给几天。其他药物可能需要给药多年才能治疗长期疾病。