

STUDENT WORKSHEET 3

Responsible Medicine Dosing

Directions: Below is a sample dosing table for an over-the-counter (OTC) medicine, similar to the information you can find on a *Drug Facts* label. Use the table as well as your knowledge about medicine safety to answer the questions below.

Children under 6 years of age	Ask a doctor
Children 6 to under 12 years of age	<ul style="list-style-type: none"> • 2.5 mL (½ teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not give more than 5 mL (1 teaspoonful) in 24 hours.
Adults and children 12 years of age and over	<ul style="list-style-type: none"> • 5 mL (1 teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL (2 teaspoonfuls) in 24 hours.
Adults 65 years of age and over	<ul style="list-style-type: none"> • 5 mL (1 teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL (2 teaspoonfuls) in 24 hours.

Think It Through

1. Olivia is 12 years old and took her first dose of medicine at 8 a.m. She took a second dose at 8 p.m. the same day. By bedtime at 9:30 p.m., she is still not feeling better. Based on the label above, when can Olivia’s parents give her another dose of this medicine? Why?

2. Miguel is 11 years old. He and his parents are reading the directions in the dosing table above.

a. How many milliliters (mL) of medicine should Miguel take for his first dose? _____

b. If Miguel needs a second dose 12 hours later, how many milliliters (mL) should he take? _____

3. What might happen if someone taking this medicine used a household kitchen spoon to dose instead of the measuring device that came with the medicine?

4. What are some reasons a *Drug Facts* label might include instructions for certain people to ask a doctor before using the medicine?

5. How can you use what you’ve learned today about dosing to help your family use OTC medicines more safely?

Did you know? Over 20,000 kids per year need medical help due to medicine mistakes or misuse.*

*AAPCC National Poison Data System query parameters: 2011–2016 annual average, ages 0–19, all unintentional and intentional misuse reasons for pharmaceutical exposure, cases en route to a health care facility or treatment recommended by specialist in poison information, all outcomes.