



Patient Information Leaflets

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University Hospitals Southampton NHS Foundation Trust



Medicines for Children

Practical and reliable advice about giving medicine to your child.

www.medicinesforchildren.org.uk

Partners:

RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

 **NPPPG**
Neonatal & Paediatric Pharmacists Group

WellChild 
the national charity for sick children

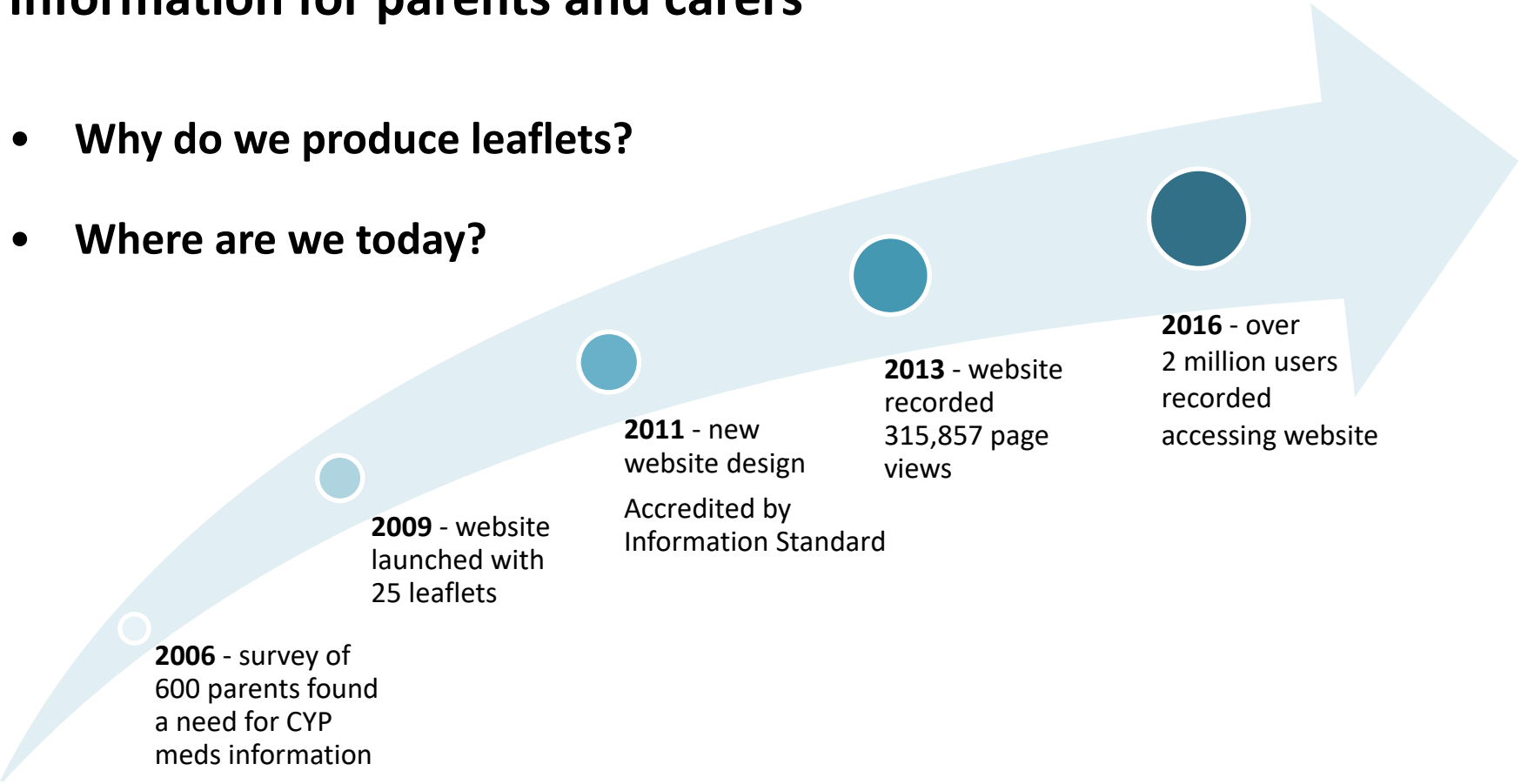
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About Medicines for Children: Information for parents and carers

- Why do we produce leaflets?
- Where are we today?



2006 - survey of 600 parents found a need for CYP meds information

2009 - website launched with 25 leaflets

2011 - new website design
Accredited by Information Standard

2013 - website recorded 315,857 page views

2016 - over 2 million users recorded accessing website

Medicines for Children

- a user friendly web portal

- Easy to search for medicines
- 204 medicines leaflets plus general information leaflets and videos
- Responsive to feedback from users
- Features news stories and updates relevant to parents
- Online BNF for Children links to MfC where PILs available
- Currently developing the MfC website to increase interactivity
- More new leaflets and videos in development



Practical and reliable advice about giving medicine to your child

Search for a leaflet, medicine or condition here

Start typing here...

GO



Our Vision

That any parent, wherever they are, has information on their child's medicines that they need and can trust.

Medicines information leaflets cover many of the medicines that are prescribed or recommended to children by health professionals. They answer your questions about how and when to give the medicine, what to do if you forget to give the medicine or give it twice, and any possible side-effects.

Read the leaflets or watch short films about giving different medicines forms, including tablets, capsules, liquid medicine, injections.

What do I need to know about sodium valproate and pregnancy?

22 March 2017

In light of recent concerns about the potentially harmful effects of some anti-epileptic drugs – particularly sodium valproate – on an unborn baby, Medicines for Children has developed an information leaflet specifically for girls and young women about the risks of becoming pregnant while taking valproate.

► Read more



Endorsements..

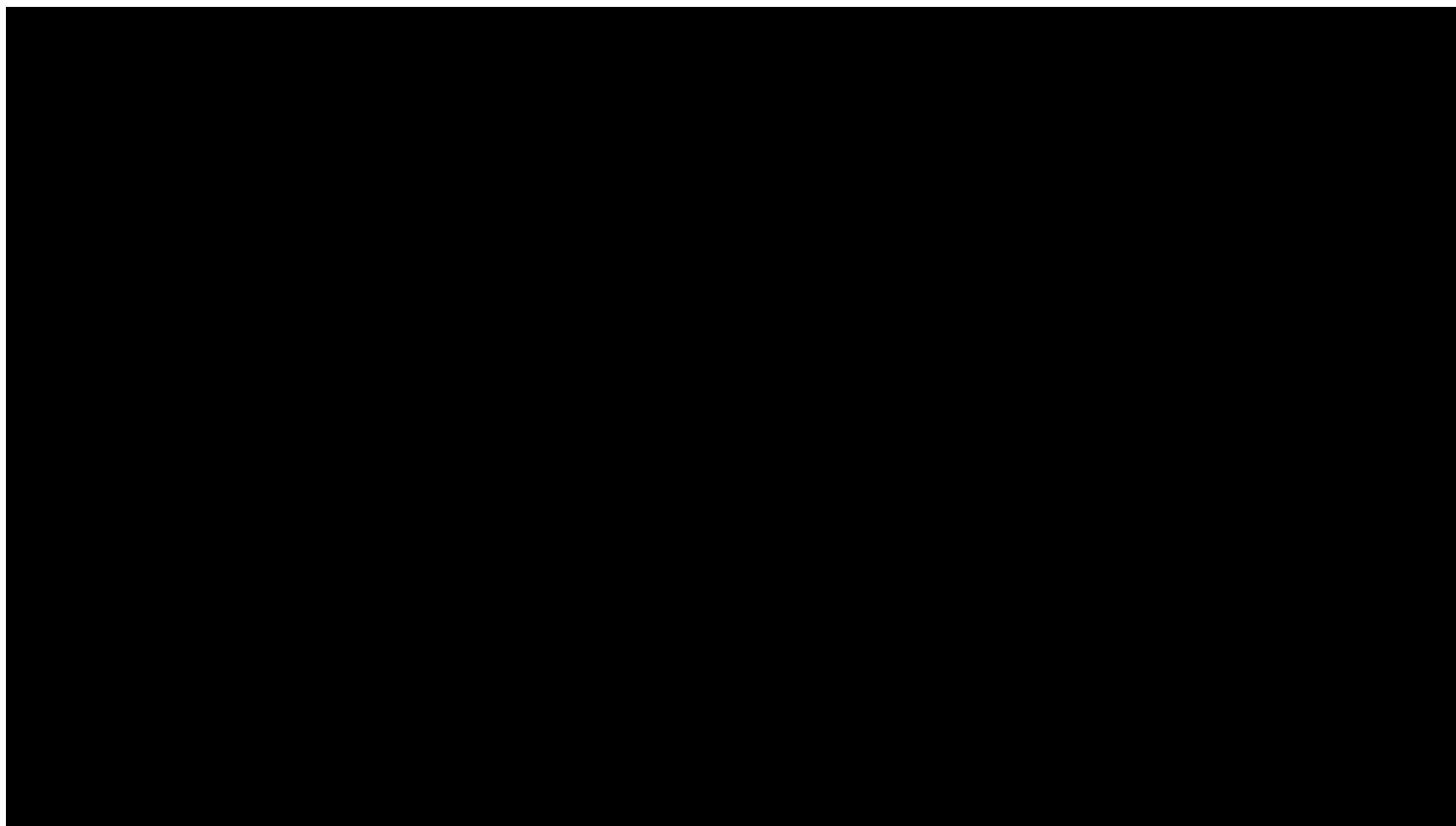
Read in detail

Covers key concerns such as:

When and how do I give my child their medicine?

What if I forget to give the medicine or give too much?

Are there any possible side-effects?



Search for a Leaflet

Search by medicine name, brand name, condition, disease or infection

GO


[Medicine](#)
[General](#)

- M** Aciclovir (oral) for viral infections
- M** Aciclovir cream for herpes
- M** Aciclovir eye ointment for herpes simplex infection
- M** Adrenaline auto-injector for anaphylaxis
- M** Allopurinol for hyperuricaemia
- M** Amiodarone for abnormal heart rhythms
- M** Amitriptyline for neuropathic pain
- M** Amlodipine for hypertension
- M** Amoxicillin for bacterial infections
- M** Ampicillin for bacterial infection
- M** Arginine for urea cycle disorders
- M** Aripiprazole for schizophrenia, bipolar disorder and movement disorders
- M** Aspirin for prevention of blood clots
- M** Atenolol for hypertension
- M** Atomoxetine for attention deficit hyperactivity disorder (ADHD)
- M** Atorvastatin for high cholesterol
- M** Azathioprine for inflammatory bowel disease

Searching for our information leaflets is easy...

Find practical and reliable information about the medicine that your child needs and how to give it.

Search for a leaflet by medicine name, brand name, or by the condition, disease or infection that the medicine is treating your child for.

We take great care to make sure that the information in our leaflets is correct and up-to-date. However, medicines can be used in different ways for different patients. It is always important that you ask the advice of your doctor or pharmacist if you are not sure about something.

Key:

- M** = Medicine leaflets
- G** = General leaflets

Midazolam for stopping seizures

This leaflet is about the use of midazolam to stop seizures. (Seizures may also be called convulsions or fits.)



This leaflet has been written specifically for parents and carers about the use of this medicine in children. The information may differ from that provided by the manufacturer. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Never give your child more than one dose of midazolam during one seizure unless you have been told to do this by the hospital doctor.

Name of drug

Midazolam buccal liquid

Brand names: Buccolam®, Epistatus®

Why is it important for my child to take this medicine?

Midazolam is used to stop a seizure.

What is midazolam available as?

Midazolam is available as buccal liquid medicine, which is given inside the cheek. There are two different products.

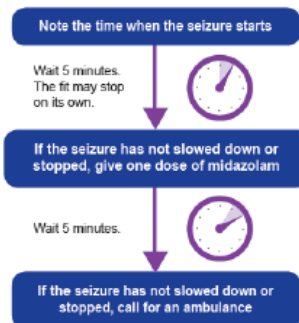
- Buccolam® liquid medicine in prefilled oral syringes: 5 mg in 1 mL. This medicine is licensed for use in children.
- Epistatus® liquid syrup in a bottle with 4 oral syringes: 50 mg in 5 mL. This medicine is not licensed for use in children but can be ordered specially from your pharmacist.

The Medicines for Children leaflet *Unlicensed Medicines* explains the difference between licensed and unlicensed medicines.

- It is important that your child always has the same brand of midazolam, as they are different strengths. Keep a record of which medicines your child has.

When should I give midazolam?

You should give midazolam if your child's seizure lasts more than 5 minutes. Follow these steps:



⚠ Do not give your child another dose of midazolam unless you have been told you can by your doctor or nurse.

⚠ Do not give your child rectal diazepam or any other drug.

How much should I give?

Your doctor will work out the amount of midazolam (the dose) that is right for your child. It is normally the whole syringe full unless your doctor tells you otherwise. The dose will be shown on the medicine label.

⚠ It is important that you follow your doctor's instructions about how much to give.

⚠ Do not give your child more than one dose of midazolam during one seizure unless you have been told to do this by the hospital doctor.

How should I give it?

Midazolam needs to go into the space between the inside of the cheek and the teeth, which is called the buccal cavity. Your doctor or nurse will show you what to do.



- The medicine quickly gets from the cheek into the blood to stop the seizure. If you put the midazolam into the middle of the mouth it will not work as well because it cannot get into the blood so quickly.
- Your child does not need to swallow the medicine. (It is not harmful if they do swallow it, but it will not work as well.)

What if my child is sick (vomits)?

Do not give your child another dose of midazolam unless you have been told you can by your doctor or nurse.

What if I don't give it?

⚠ If you do not give the midazolam, or do not give the right dose, your child's seizure may not stop. This could be dangerous and your will need to call an ambulance or take your child to hospital straight away.

What if I give too much?

⚠ If you think you may have given your child too much midazolam, or your child's breathing slows down or stops, telephone for an ambulance straight away.

Are there any possible side-effects?

We use medicines to make our children better, but sometimes they have other effects that we don't want (side-effects).

- Your child may be sleepy after having midazolam. They should have a sleep if they want to.
- Your child may be confused. They probably won't remember having the seizure.

⚠ Your child's breathing may become a little shallow for a while. You do not need to worry about this. However, if you think your child is not breathing or if your child's lips get a blue tinge, call an ambulance straight away.

There may, sometimes, be other side-effects that are not listed above. If you notice anything unusual and are concerned, contact your doctor. You can report any suspected side-effects to a UK safety scheme at <http://www.mhra.gov.uk/yellowcard>.

Can other common medicines be given at the same time as midazolam?

- You must not give your child any other medicine to stop the seizure, unless your doctor has said that you can do this.

Is there anything else I need to know about this medicine?

- Make sure that your child always has their midazolam with them.
- Make sure that anyone who looks after your child knows what to do and how to give midazolam if your child has a seizure.
- It is best that your child always has the same brand of midazolam (Buccolam or Epistatus). Write down which brand you use, and how much you give. Keep this information with you.
- Only give midazolam to your child. Never give it to anyone else, even if they seem to be having a seizure, as this could do harm.
- If anyone else takes the medicine by accident, take them to a doctor straight away.
- Make sure that the midazolam you have at home have not reached the 'best before' or 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge.
- Make sure that children cannot see or reach the medicine.
- Keep the medicine in the container it came in.

Who to contact for more information

Your child's hospital doctor, epilepsy nurse or pharmacist will be able to give you more information about midazolam and other medicines used to treat epilepsy.

You can also get useful information from:

England
NHS 111: 111 - www.nhs.uk

Scotland
NHS 24: 111 - www.nhs24.com

Wales / Galw Iechyd Cymru
NHS Direct: 0845 46 47 - www.nhsdirect.wales.nhs.uk

Northern Ireland
NI Direct: www.nidirect.gov.uk

Young Epilepsy
www.youngepilepsy.org.uk
Helpline: 01342 831 342

Epilepsy Society
www.epilepsysociety.org.uk
Helpline: 01494 601 400

Epilepsy Action
www.epilepsy.org.uk
Helpline: 0800 800 5050

www.medicinesforchildren.org.uk

RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in children's health

WellChild
the national charity for sick children

NPPG
Neonatal & Paediatric Pharmacists Group

Health & care information you can trust
The Information Standard

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The primary source for the information in this leaflet is the British National Formulary for Children. For details on any other sources used for this leaflet, please contact us through our website, www.medicinesforchildren.org.uk

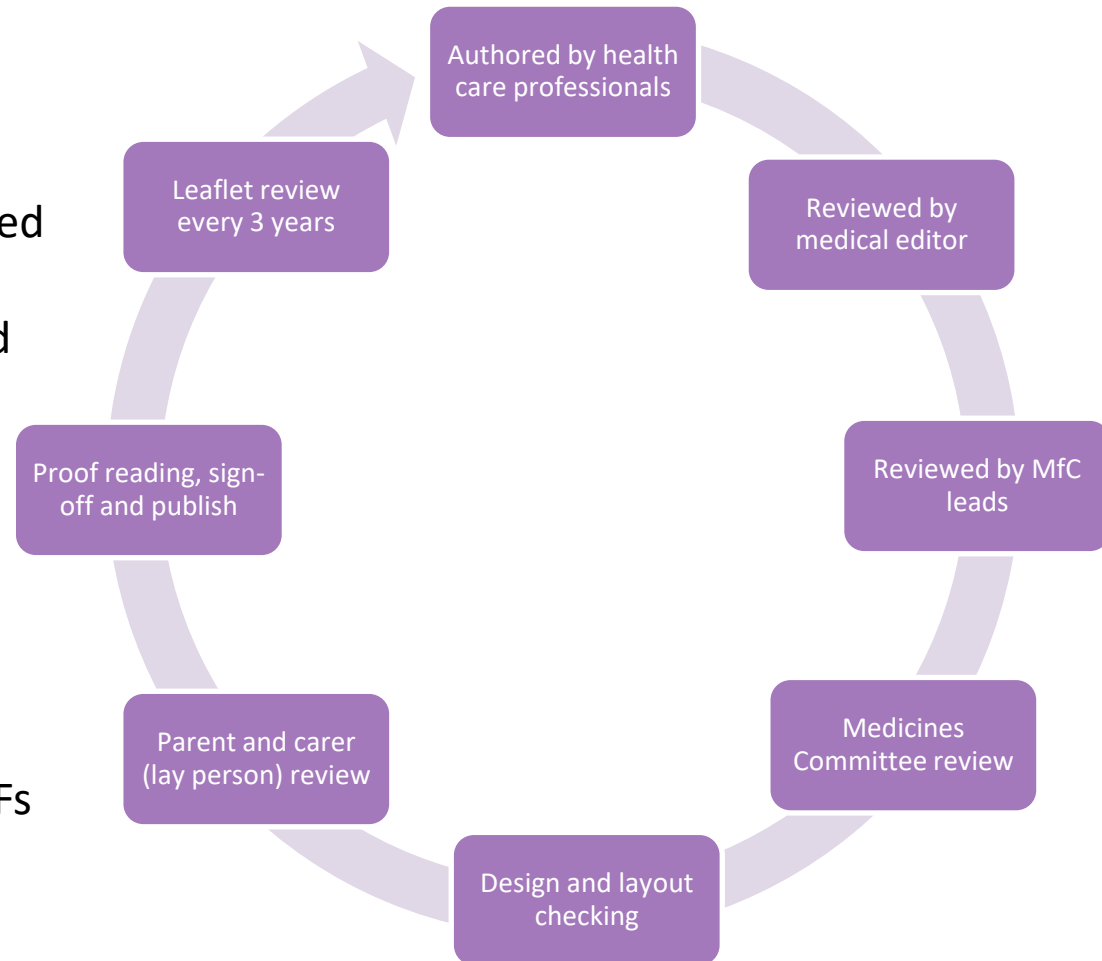
We take great care to make sure that the information in this leaflet is correct and up-to-date. However, medicines can be used in different ways for different patients. It is important that you ask the advice of your doctor or pharmacist if you are not sure about something. This leaflet is about the use of these medicines in the UK, and may not apply to other countries. The Royal College of Paediatrics and Child Health (RCPCH), the Neonatal and Paediatric Pharmacists Group (NPPG), WellChild and the contributors and editors cannot be held responsible for the accuracy of information, omissions of information, or any actions that may be taken as a consequence of reading this leaflet.

How we write and produce information

- **Information production process**
 - 8-stage, rigorous process
 - Ensures leaflets are evidence-based using current information
 - Certified by Information Standard

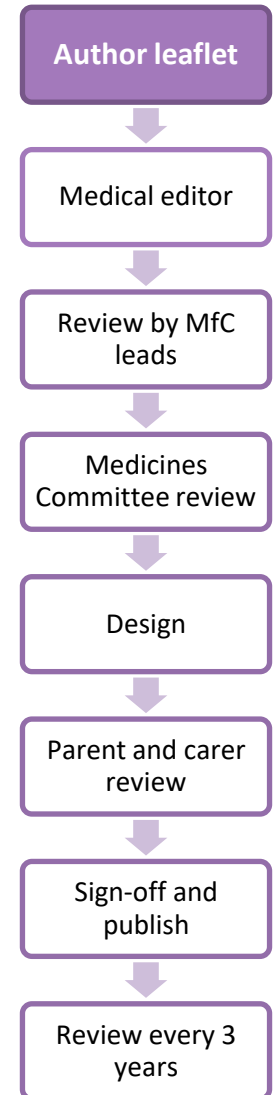


- **Easy to understand**
 - Simple and consistent layout
 - Written in plain English
 - Web version - downloadable PDFs



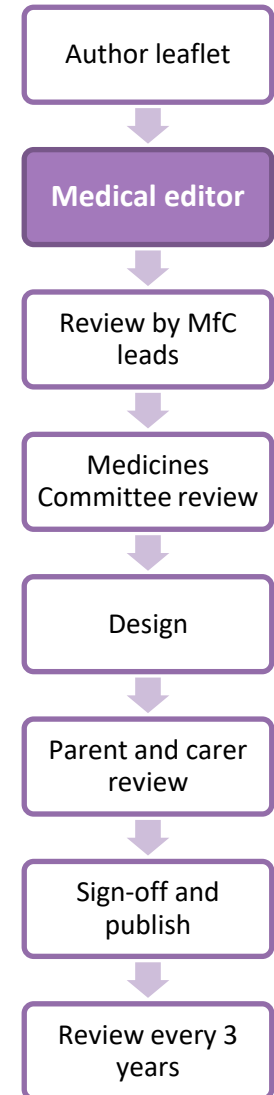
Stage #1 – Authoring leaflets

- **Authored by paediatricians and pharmacists**
Voluntary capacity
Trainees or pre-registration pharmacists with oversight
CPD or contributes to trainee portfolio
Declare conflicts of interest
- **Evidence**
Primarily the British National Formulary for Children
- **Template to guide authors**
Simple layout
Maintains consistency



Stage #2 – Professional editing

- **Edited for language**
Aligned to principles of Plain English campaign
Jargon-free (e.g. diarrhoea = runny poo)
- **Written for target audience**
To a reading age of 12 years old
For a non medical audience of parents / carers
- **Applies standard text**
Achieves consistency across leaflets
Maintains rigour



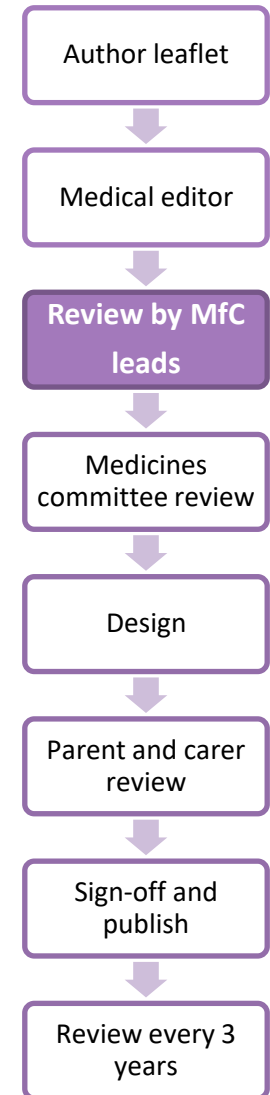
Stage #3 – Reviewed by Medicines for Children leads

- **MfC medicines leads**

A team of a senior pharmacist and consultant paediatrician
On Medicines for Children project board

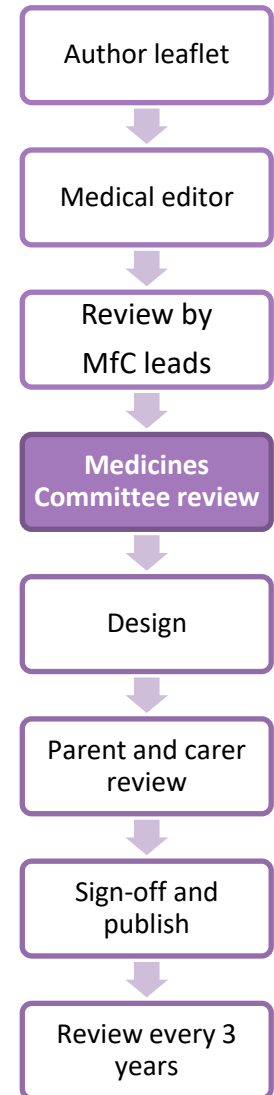
- **Ensure accuracy**

Ensure medical information is accurate
Work with author and editor
Validate references (when necessary)



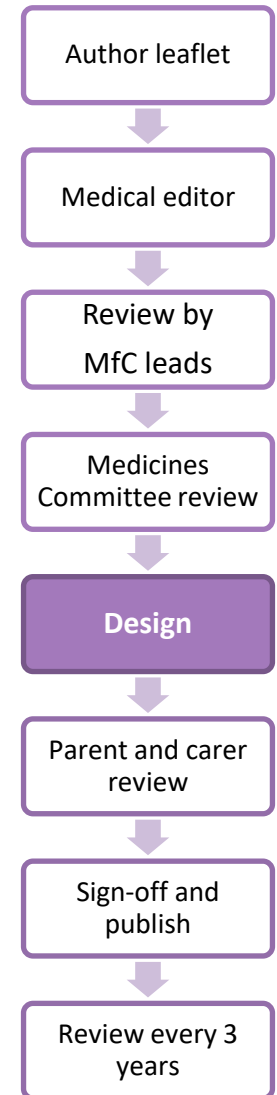
Stage #4 – Reviewed by professionals

- **Medicines Committee**
Joint standing committee convened by RCPCH and NPPG
- **Broad consultation**
Senior pharmacists
Consultant paediatricians
Royal Colleges of GPs, Psychiatrists and Nursing
MHRA
Association of the British Pharmaceutical Industry



Stage #5 – Design

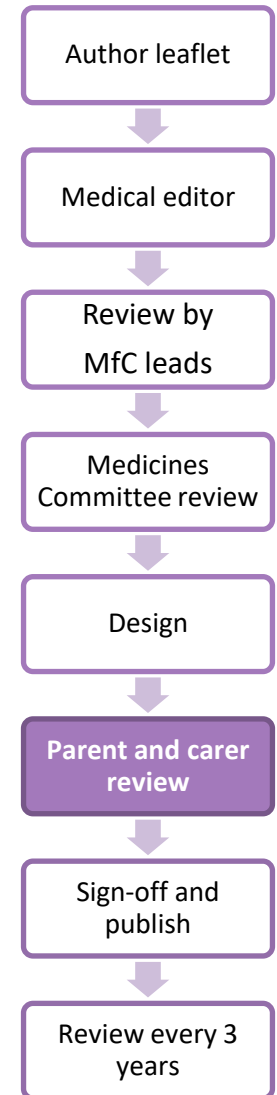
- **Professionally laid out**
Use of images and icons as visual aids
A4, full colour, double-sided (2 printed pages)
- **Leaflet template endorsed by users**
Headings and layout tested by parents and carers
- **Web version mirrors PDF version**
Simple layout
Same iconography



Stage #6 – Reviewed by parents and carers

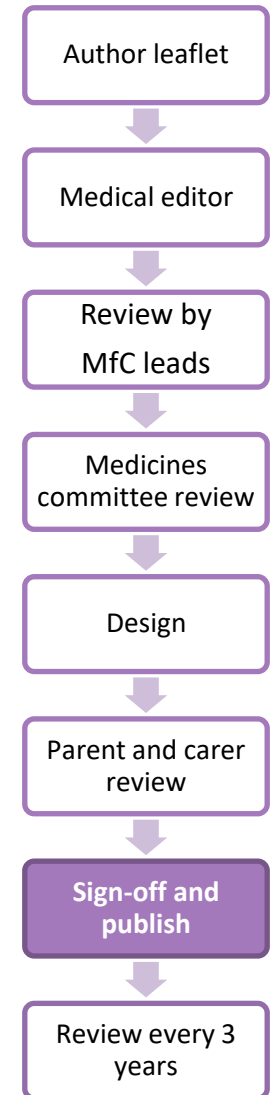


- **Parent / carer panel**
Convened by WellChild
Are the leaflets easy to read and understand?
Do they cover all of the parents key concerns?
- **Leaflet template endorsed by users**
PDF leaflets based on guidance from
parents and carers
Use of images and icons as visual aids



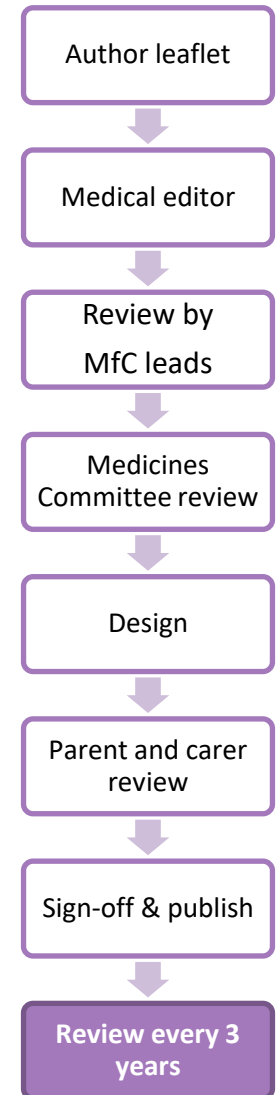
Stage #7 – Sign-off & published

- **Chair sign-off**
Final sense check
Independent review – first time chair sees leaflet
- **Published online**
HTML version (web version)
PDF version (can be downloaded and printed)
Key word search enabled



Stage #8 – Scheduled review

- **Scheduled review**
Every 3 years
- **Review leads**
Senior pharmacist and consultant paediatrician
- **Unscheduled review**
Prompted by substantial change in evidence / guidelines
(e.g. Codeine phosphate)
Prompted by feedback from users, especially healthcare professionals



Focus on what questions a parent/carer is likely to ask

Variation of standard text for preparations:

- Vomiting standard text for oral vs non-oral preparations

What if my child is sick (vomits)?

- If your child is sick less than 30 minutes after taking a dose of phenytoin, give the same dose again.
- If your child is sick more than 30 minutes after taking a dose of phenytoin, you **do not** need to give them another dose. Wait until the next normal dose.

What if my child is sick (vomits)?

The suppository will still work, so you do not need to insert another one.

What if my child is sick (vomits)?

If your child feels sick, or is sick (vomits), when they are using the lozenge, they should stop using it. (See advice below about disposal of an unfinished lozenge.)

Focus on what questions a parent/carer is likely to ask

Variation of standard text for preparations:

- Vomiting standard text for oral vs non-oral preparations
- Overdose advice for different medicines

What if I give too much?



It can be dangerous to give your child too much fentanyl.



If there is **any possibility** that your child may have had too much fentanyl take your child to hospital or telephone for an ambulance **straight away**. Tell the doctor that your child may have had too much fentanyl. Take the medicine with you, so that the doctor can see what has been taken.

What if I give too much?

Amoxicillin is normally a safe drug. It is unlikely to cause any problems if you give an extra dose by mistake.

If you think you may have given your child too much amoxicillin, contact your doctor or local NHS services (111 in England and Scotland; 0845 4647 in Wales).

Have the medicine container or packet with you if you telephone for advice.

Focus on what questions a parent/carer is likely to ask

Variation of standard text for preparations:

- Vomiting standard text for oral vs non-oral preparations
- Overdose advice for different medicines
- Advice on missed doses

What if I forget to give it?

- If you remember up to 1 hour after you should have given a dose, give the missed dose.
- If you remember after this time, do not give the missed dose. Wait until the next normal dose.



Never give a double dose of amoxicillin.

What if I forget ?

If you remember within 4 hours, give your child the missed dose. For example, if you usually give a dose at 7 am, you can give the missed dose at any time up to 11 am. If you remember after this time, do not give the missed dose. Wait until it is time to give the next normal dose.



Never give a double dose of phenytoin.

Parent and carer involvement

- **Role of WellChild parents**

- Provide guidance on what information to include on the leaflets and how to phrase it
- Parent and carer review panel to check all new website content
- Regular user-testing and website reviews

- **Ongoing evaluation**

- Impact reviews
- Regular feedback sought

- **Suggestions for new leaflets**

- Encourage parent feedback on what information they need

“My little girl has six different medications in the morning and seven in the evening. As a parent trying to learn the names, dosages and side effects of all these drugs it is vital to have a simple yet thorough guide to medications, written in terms that non-medical professionals (i.e. most parents) can understand, in order to feel confident with their administration.”

- WellChild mum

Feedback on Medicines for Children:

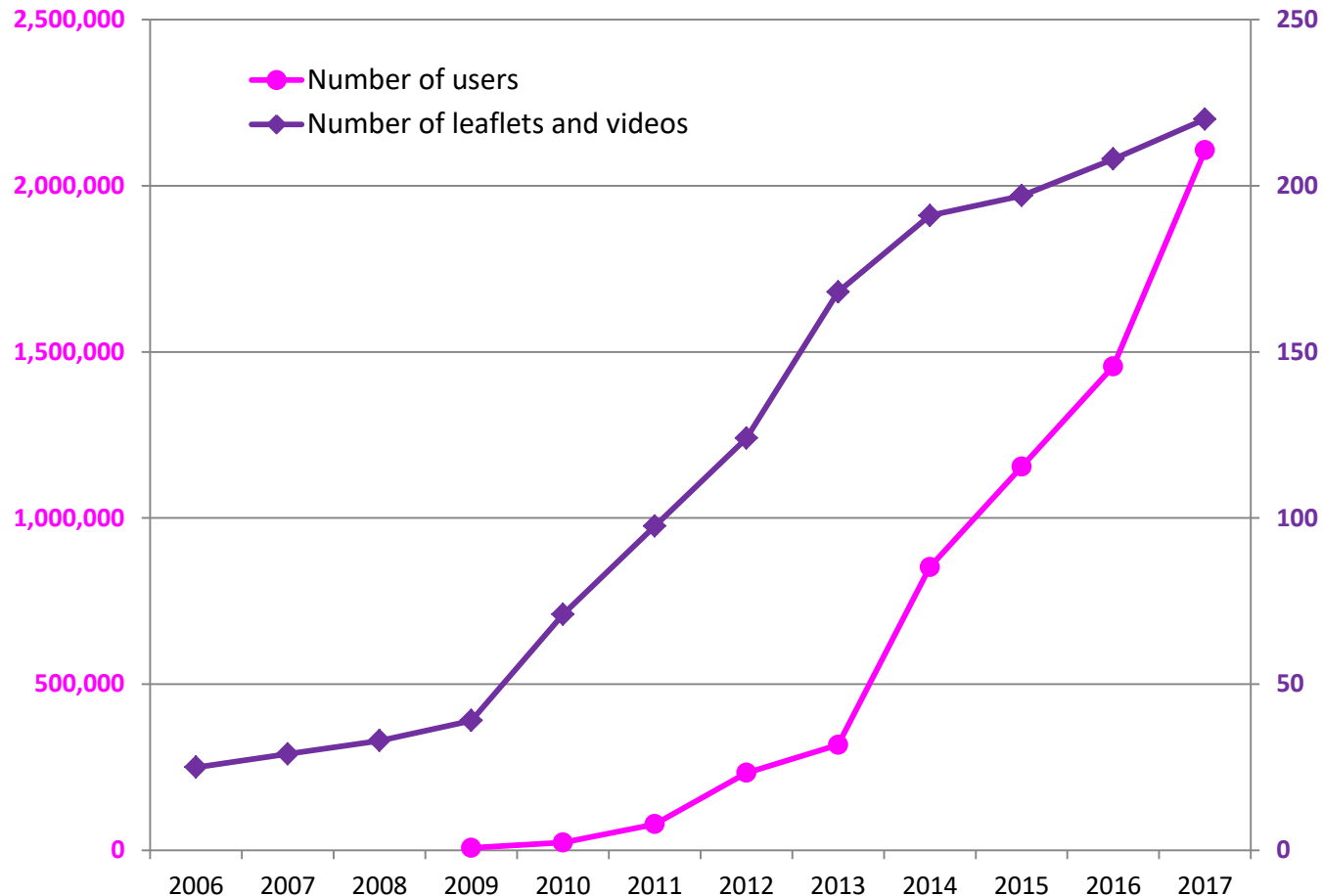
Parent feedback	Clinician feedback	General feedback
I've used your website - thanks for producing these leaflets :)	Brilliant for families and clinicians alike	A game changer in keeping children safe
Such a great resource for parents to find free reliable information about children's medicines	The leaflets are very simple and very informative. Thank you for putting them together for us medics and parents	How will you decide which medicine to prioritise in future?
Just found this website - what a brilliant resource! We were in hospital for over 6 weeks in neonatal when baby was born and I can't believe this website was never mentioned. Thank You!	Fantastic resource. As a Paediatric Nurse working in the community, I use this with parents, a great deal. Please make it an app too!	Into how many languages do you translate the leaflets?
Love the new youtube videos you have made	I find that using these leaflets helps me to support families to make informed choices about medications	How can we ensure that Healthcare professional, parents & carers are aware of MfC?
What a fabulous resource! We're 5 years into complex need parenting and this has helped us many a time over the years	Give parents free, high quality, reliable and understandable information about their children's medicines	Are GPs aware of these leaflets? How do you get these into every hospital and primary care practice?

Website usage

2017 average: 230,000 page views per month

Annual number
of website users

Number of medicines
leaflets and videos



Top 20 leaflets	Page views (Aug 2016 - Jul 2017)	Unique page views	% of total views
1	/glycerin-glycerol-suppositories-constipation	157,136	5.66%
2	/amoxicillin-bacterial-infections	131,250	4.72%
3	/ranitidine-acid-reflux	91,551	3.30%
4	/prednisolone-asthma	84,134	3.03%
5	/lactulose-constipation	82,597	2.97%
6	/metronidazole-bacterial-infections	77,200	2.78%
7	/diclofenac-pain-and-inflammation	73,168	2.63%
8	/co-amoxiclav-bacterial-infections	72,367	2.60%
9	/salbutamol-inhaler-asthma-and-wheeze	67,107	2.42%
10	/chloramphenicol-eye-infections	57,891	2.08%
11	/mebendazole-worm-infections	57,117	2.06%
12	/tranexamic-acid-heavy-bleeding-during-periods	56,809	2.04%
13	/dexamethasone-croup	55,599	2.00%
14	/ciprofloxacin-drops-infection	54,755	1.97%
15	/azithromycin-bacterial-infections	51,906	1.87%
16	/omeprazole-gastro-oesophageal-reflux-disease-gord	49,691	1.79%
17	/erythromycin-bacterial-infections	41,185	1.48%
18	/melatonin-sleep-disorders	40,394	1.45%
19	/methylphenidate-attention-deficit-hyperactivity-disorder	39,469	1.42%
20	/rectal-medicines-suppositories-and-enemas	38,782	1.40%

The Future.....

- Secure a self-sustaining funding stream
- Film more instructional videos, according to parent need
- Build up to 300+ medicines PILs on the website
- Translate the leaflets into different languages
- Increase website interactivity
- Develop medicines resources for CYP and LD

**Thanks for listening.
Any questions?**

