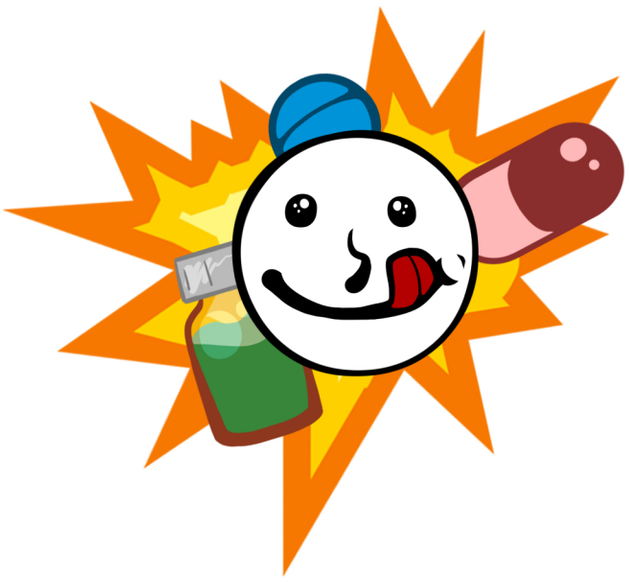
CHEO



Cheo's

MAKING MEDICATION TASTE BETTER

FOR PARENTS:

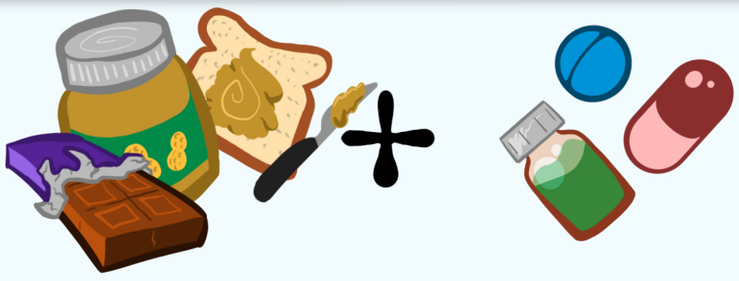
ASK YOUR PHARMACIST:

- Are there certain foods or drinks that should be avoided?
- Should the medication be stored in the fridge?
- Can the medication be crushed or chewed?
- Can the medication be mixed with food or drinks?
- Can natural health products and non-prescription drugs be taken with the medication?

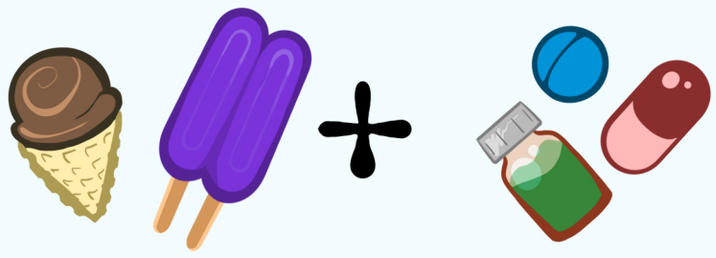
LOCK UP:
As a parent, you should keep medication out of the reach of children.

WARNING:
Avoid mixing medication with essential foods or drinks like breastmilk, as this may create an aversion in young children.

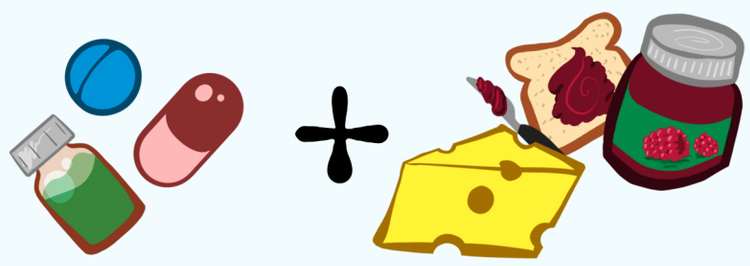
GENERAL:



Try FATTY FOODS like peanut butter or chocolate to COAT YOUR TASTEBUDS!

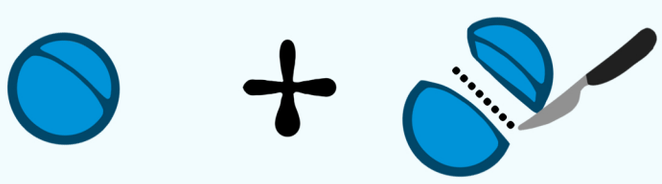


Try COLD TREATS like ice-cream or popsicles to FREEZE YOUR TASTEBUDS!

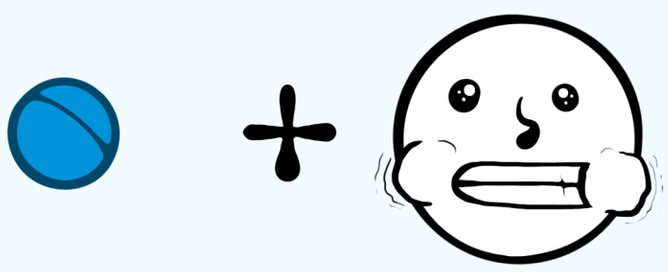


Try STRONG FLAVOURS like cheese or raspberry jam after medication!

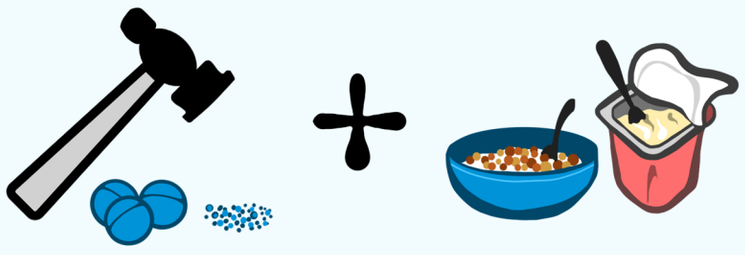
TABLET:



Try CUTTING the tablet in halves before SWALLOWING it!

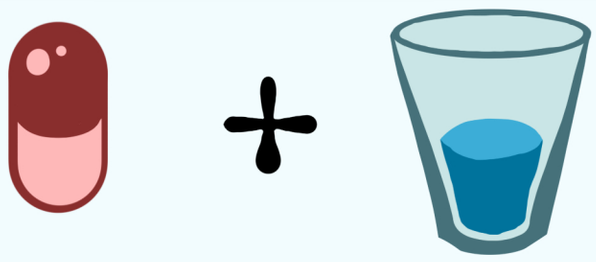


Try CHEWING the tablet!

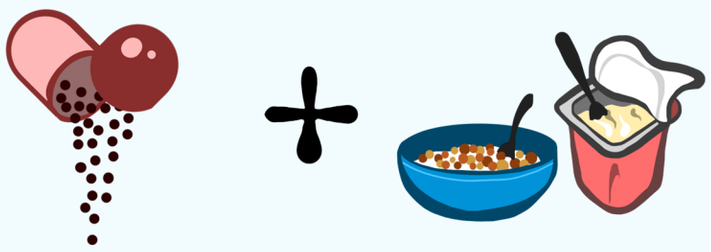


Try CRUSHING the tablet and SPRINKLING it in foods like cereal or pudding!

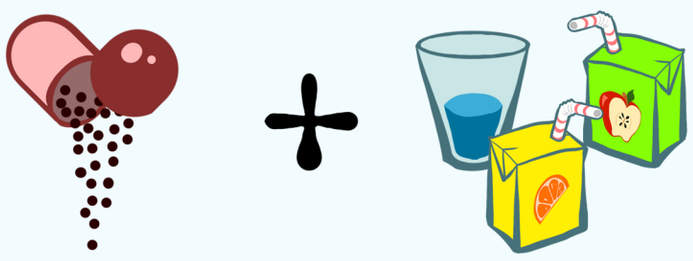
CAPSULE:



Try SWALLOWING the capsule whole with a glass of water!

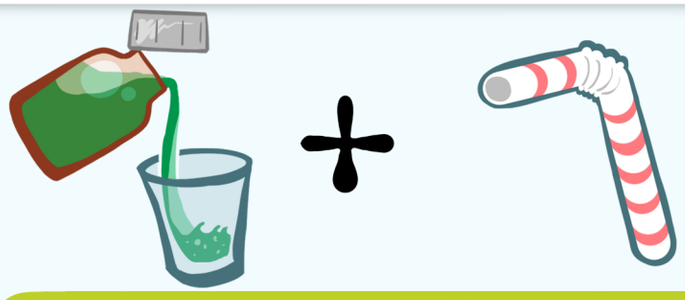


Try OPENING the capsule and SPRINKLING it in foods like cereal or pudding!



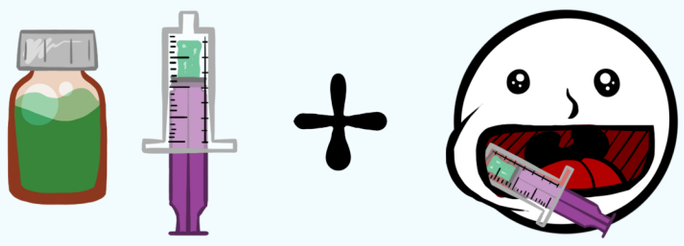
Try OPENING the capsule and SPRINKLING it in drinks like water or juice!

LIQUID:



Try pouring the medication in a cup and drinking it with a STRAW!

Try mixing the medication into a small amount of FRUIT JUICE before drinking!



Try using an ORAL SYRINGE to drink medication with the SIDE of your mouth!