

# How to safely use acetaminophen or ibuprofen tablets by mouth for children

Reviewed by SickKids staff | Last updated: November 21st, 2022

If your child needs acetaminophen or ibuprofen for fever or pain relief, your health-care provider can help you choose the right product for them.

Instead of using a liquid medication, other forms of acetaminophen or ibuprofen can be used safely. Depending on the medication, options may include chewable tablets, non-chewable tablets, powder packs and suppositories.

All product forms (e.g., different strengths of liquid, different strengths of tablets) may be safely used in different age groups. Your health-care provider can advise you on the proper dosing according to your child's weight.

Your child's dose may not be exactly equal to a whole tablet. In this case, the tablets can be cut into halves or quarters to make up a dose that is safe for your child according to their weight.

Extended-release tablets should not be cut or crushed. Examples of these include acetaminophen tablets that are given every 8 hours (e.g., Tylenol Arthritis®) or ibuprofen products that are given every 12 hours (e.g., Advil 12-hour®).

Non-chewable tablets come in different strengths. Pay close attention to the strength and use the tables on the next page to find out how much to give to your child.

## Using a tablet splitter or crusher

A tablet splitter or crusher may be purchased from your local pharmacy.

Crushing or splitting the tablets does not change the effectiveness of the medicine.

If the tablets are being taken by mouth:

1. If needed, cut the tablet to make up a dose for your child.
2. The dose may then be crushed with a pill crusher.
3. The resulting powder can be mixed with 1 or 2 teaspoons of water, milk, or other soft food (such as applesauce or yogurt) to give to your child.

## Overdose information

Keep medications out of your child's sight and reach and locked up in a safe place. If you live in Ontario and your child takes too much medication, call the Ontario Poison Centre at one of these numbers.








- Call 416-813-5900 if you live in Toronto.
- Call 1-800-268-9017 if you live somewhere else in Ontario.

If you live outside of Ontario, call your local Poison Information Centre.

**Disclaimer:** The information in this sheet is accurate at the time of printing. It provides a summary of information and does not contain all possible information about the medications named on the sheet. If you have any questions or want more information, speak to your health-care provider.






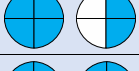



### Acetaminophen (e.g., Tylenol®):

Give each dose every 4 to 6 hours as needed, up to a maximum of 5 doses per day.

Weight range		Regular strength (325 mg) tablets		Extra strength (500 mg) tablets	
kg	lb	Dose	Number of tablets	Dose	Number of tablets
Under 6	Under 13	Use liquid		Use liquid	
6 to 10.9	13 to 23.9	80 mg	¼ tablet 		
11 to 15.9	24 to 34.9	160 mg	½ tablet 		
16 to 21.9	35 to 47.9	240 mg	¾ tablet 		
22 to 31.9	48 to 69.9	325 mg	1 tablet 		
32 to 48	70 to 106	480 mg	1½ tablets 	500 mg	1 tablet 
Over 48	Over 106	650 mg	2 tablets 	Follow the manufacturer's label	

### Ibuprofen (e.g., Advil® or Motrin®):

Give each dose every 6 to 8 hours as needed, up to a maximum of 4 doses per day.

Weight range		Regular strength (200 mg) tablets		Extra strength (400 mg) tablets	
kg	lb	Dose	Number of tablets	Dose	Number of tablets
Under 5	Under 11	Use liquid		Use liquid	
5 to 9.9	11 to 21.9	50 mg	¼ tablet 		
10 to 15.9	22 to 34.9	100 mg	½ tablet 		
16 to 21.9	35 to 47.9	150 mg	¾ tablet 		
22 to 31.9	48 to 69.9	200 mg	1 tablet 	200 mg	½ tablet 
32 to 48	70 to 106	300 mg	1½ tablets 	300 mg	¾ tablet 
Over 48	Over 106	400 mg	2 tablets 	400 mg	1 tablet 

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