

# Choosing Wisely<sup>®</sup>

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## Taking medicines safely

### How to measure liquid doses the right way

**A** dose is the amount of medicine you take each time. You may take several doses in one day. It is very important to take the right dose, especially for children. This “Choosing Wisely” report helps you measure the dose for liquid medicines correctly.

#### **Don't use a kitchen spoon**

The teaspoons and tablespoons you use for cooking and eating are not very accurate. Some teaspoons can hold twice as much liquid as others. Also, it is easy to confuse a teaspoon (tsp) with a tablespoon (Tbsp).

It is more precise to measure medicines in milliliters. The American Society of Health-System Pharmacists, along with many other medical societies and safety groups, advise using milliliters to prescribe and take liquid medicine.

#### **Use milliliters for liquid medicines**

Milliliters (mL) are a standard unit of measurement in medicine. They are used around the world. Milliliters can accurately measure very small to large amounts.



#### **Avoid an overdose**

For adults, getting slightly too much of an over-the-counter medicine probably won't cause much harm. For children, though, it's important to give exactly the amount of medicine recommended or prescribed. Children weigh less than adults, so even a little too much medicine can be harmful. Doses for children are usually based on a child's weight.

# Medicine safety tips

Using the dosing device that comes with your medicine is one way to take medicines safely. Here are some other safety tips.

- **Read the insert:** Review the information that comes with medicines. If you have questions, ask your pharmacist.



- **Don't skip doses to save money:** Ask your doctor if there is a lower cost generic or brand name drug that you could try. Compare costs at [CRBestBuyDrugs.org](http://CRBestBuyDrugs.org).
- **Don't forget to take your medicine:** Take your medicine at the same time every day.
- **Check with your doctor before you split pills:** Some medicines should not be split. If your doctor says it's OK to split your pills, use a pill splitter for accurate results.
- **Don't take drugs you don't need:** Too many people still take antibiotics to treat viruses like colds or the flu. Antibiotics only kill bacteria. If you take antibiotics when you don't need them, they may not work when you do need them.
- **Review all your medicines with your primary doctor:** Bring the original containers or take photos of each label.

## Protect children

- Put all medicines out of children's reach and sight.
- Make sure you relock the caps on medicine bottles after use.
- Remind guests in your home to secure their medicines, too.
- Teach your kids about medicine safety. Explain that medicine is not candy—even if it tastes good. They should not take a medicine unless you or another trusted adult gives it to them.

An overdose can cause serious problems, even death. One 5-year study found that over 3,000 children under 12 had side effects from cough and cold medicines. The side effects included restlessness, extreme sleepiness, hallucinations, and rapid heartbeat. Twenty of the children, most of them younger than 2 years old, died. One in three children were given the wrong amount of medicine. The rest found and took the medicine by accident.

## Use the dosing device that comes with the medicine

Most liquid medicines come with an oral syringe or a small cup. These dosing devices should have milliliter markings.

- Always use the dosing device that comes with the medicine.
- When you pick up a prescription, make sure a dosing device is included. If it isn't, ask the pharmacist for a cup or syringe, so you can measure accurately.
- If a prescription calls for teaspoons or tablespoons, ask your doctor or pharmacist to give you the dosage in milliliters.
- If your doctor prescribes a liquid medicine, make sure you understand how much medicine to give, and how often.
- Ask your doctor or pharmacist to show you how to measure the medicine correctly if you're not sure.
- If you lose the dosing device, ask your doctor or pharmacist for a new one. For over-the-counter medicines, call the help line on the package.

## You can call Poison Control

You can call the American Association of Poison Control Centers at 1-800-222-1222 for advice and help. Keep this phone number handy to call immediately in case of an accidental overdose.

This report is for you to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. Use of this report is at your own risk.

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