

Taking Your Medicine

Lucy Today we're going to talk about taking your medicine.

Lana Most of the time when people are sick or hurt, we give them medicine to help them feel better.

Maru There are 5 common ways to get medicine into your body.

Lana Oral...

Maru Topical...

Dr. Gimble Inhalation...

Lucy Injection...

Lana And Intravenous or IV.

Lana Most of the time, medicines are taken orally, which means by mouth.

Lana Some medicines are liquids that can be swallowed.

Lucy Some are pills which can be swallowed...or chewed. Some pills can even melt in your mouth.

Lucy Later, we'll discuss some tips on how to make the medicine "go down" easier.

Maru Topical means the medicine is applied directly to your skin. This could be a cream or ointment we rub on.

Dr. Gimble Inhalation means breathing medicine into your lungs, usually with the use of an inhaler...or sometimes using a breathing machine called a "nebulizer."

Lucy Injection means getting medicine injected into your skin using a syringe and needle. Yes, that involves a needle poke.

Lucy But Nurse Lana, I don't like getting poked by a needle. What can you do for me?

Lana I'm so glad you asked Patient Lucy! To avoid getting poked over and over again, we might give you something called an IV.

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Lucy IV is short for “intravenous.” Let me show you how it works.

Lucy An IV is like a small straw placed into one of your veins.

Lucy The straw has a needle with it, so you do get poked when we first put the IV in...

Lucy But then the needle comes out, leaving the straw behind. Now we can give you medicines without poking you over and over again.

Lucy We use the IV as much as possible, but you still might need a separate poke sometimes. You can ask your nurse if you have any questions.

Lucy Here are Lucy and Lana’s tips for taking your medicine.

Lana Hey, I thought it was Lana and Lucy’s tips! (Record laughs for both) Anyway, if you don’t like the taste of your medicine, talk to your nurse.

Lucy Don’t worry, you won’t hurt our feelings! Some kids like to take medicine by themselves.

Lana Some like their nurse to give it to them.

Lucy Some like their medicine mixed with food.

Lana Some kids even practice swallowing pills using pieces of candy.

Lucy Taking your medicine is usually the best way to help you feel better, so you can go home.

Lana So let’s work together on the best plan for you!

Lucy And if you have any questions, don’t hesitate to ask!