

# Measuring Liquid Medications

Some over-the-counter prescription medications come in liquid form. To make sure you take the right amount of medication for the prescribed dose, follow this basic checklist.

**Do:** Use the measuring device that comes with the medication. If it's not included, ask a pharmacist to help you choose one that will work best to measure your specific dose.

**Do:** Make sure you read and understand the amount of medication you are prescribed and how to use the measuring device before you leave the pharmacy. Some liquid medications are measured in milliliters while others are measured in teaspoons. Make sure your measuring device matches the unit you are prescribed so you can always get the correct dose.

**Do:** Store the measuring device with the medication so that you have everything you need in one place.

**Do:** Refrigerate liquid medication if directed. Most prescribed liquid medication needs to be kept cool. Store it in the refrigerator on a high shelf closer to the back where children can't reach.

**Do:** Close the bottle of medication as soon as you have measured your dose into your measuring device.

**Do:** Wash your measuring device after every dose.

**Do Not:** Use household measuring devices, such as kitchen silverware, to measure a liquid dose. You will either take too much or not enough of the medication and could put your health at risk.

**Do Not:** Combine two medications into one measuring device at the same time. It will be very difficult to make sure you are getting the correct dose of each medication and it may not be safe to mix the medications.

**Do Not:** Pour the medication back into the bottle if you measure too much. You can contaminate the medication that is still in the bottle.

To help your medication work safely and correctly, be sure to follow this checklist when measuring liquid medication. And ask your healthcare provider or pharmacist any questions you may have about your prescription.