

How to give L-thyroxine tablets to Babies

Supplies needed:

- Pill splitter
- Pill crusher
- A few drops of expressed breast milk, formula or water

Directions:

1. Wash your hands
2. Split the tablet (only if needed)
3. Crush tablet into a powder using pill crusher
4. Get your finger wet with the breast milk, formula or water and dip it into the powder
5. Finger feed it to your baby, putting your finger into the side of the cheek or let baby suck it off your finger.
6. You may need to do this 3 or 4 times to get all of the medicine into your baby
7. Make sure you give the medicine before a feed, when your baby is hungry -baby will take it easily. It tastes good, so babies like it!

Important Points:

- Avoid giving soy products, iron or calcium supplements, or antacids 3 or 4 hours after giving the L-thyroxine
- Give it at about the same time every day so you get into a routine. But don't wake up baby to give it, 30 to 60 minutes late is safe
- The tablets should not be made into a suspension, even if the pharmacist suggests this. The tablet should be given as directed above