

Safe use of antipyretics for children

兒童安全地使用退燒藥



Gleneagles Hospital

HONG KONG
港怡醫院

Aspirin should not be given to a child for fever unless prescribed by doctors in specific medical conditions.

除特殊病況並由醫生處方外，兒童不應使用阿士匹靈作退燒藥。

Encouraging adequate fluids intake, lowering ambient temperature, and removing excessive clothing are useful physical means to make your child more comfortable during fever.

為使孩子在發燒期間減少不適，請鼓勵攝入充足的液體、降低四周溫度及除下過量衣物。

For your child's safety, please keep antipyretics and other medicines out of reach and sight of children.

請把退燒藥及其他藥物存放在孩子無法觸及或看見的地方，以策安全。

Gleneagles' Paediatric Services
港怡醫院兒科服務



This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

單張內容只供參考。如有疑問，請向醫生或藥劑師查詢。

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address
1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址
香港黃竹坑南風徑1號

Mainline 電話 +852 3153 9000
Fax 傳真 +852 2528 0081

www.gleneagles.hk

港怡醫院
Gleneagles Hospital Hong Kong

Safe use of antipyretics for children

兒童安全地使用退燒藥



Gleneagles Hospital
HONG KONG
港怡醫院

Safe use of antipyretics for children

兒童安全地使用退燒藥

Antipyretics are medicines to relieve your child's discomfort during fever. Please follow your doctor's instruction to administrate antipyretics.

退燒藥是緩解孩子發燒時不適的藥物，請按您的醫生指示服用退燒藥。

Antipyretics cannot prevent febrile convulsions and will not change the course of the underlying illness.

退燒藥不能阻止發燒抽搐，也不會改變疾病的過程。

Paracetamol (or acetaminophen) and ibuprofen are the two antipyretics commonly used in children. Both medicines have similar antipyretic effects.

Oral preparations or suppository given by rectal route are equally effective. Rectal route may be considered only if your child cannot tolerate the medicines orally.

撲熱息痛（又名對乙酰氨基酚）和布洛芬是兩種常用於兒童的退燒藥。兩種藥物的退燒效用相近。

口服劑或通過直腸使用的栓劑（即肛塞）同樣有效。只有當您的孩子不能使用口服藥物時才需要考慮使用栓劑。



Paracetamol 撲熱息痛

Available as oral tablet, syrup or suppository

Use every 4 – 6 hours as needed

Generally not to exceed 4 to 5 doses (in all routes) per day

Overdosing can cause fatal liver damage

口服片劑、口服糖漿或栓劑

根據需要每 4 至 6 小時使用一次

一般每天最多 4 至 5 次（包括所有使用途徑）

過量使用可導致致命肝臟損害

Ibuprofen 布洛芬

Available as oral tablet and syrup

Use every 6 – 8 hours as needed

Overdosing can cause liver and kidney damage

口服片劑或口服糖漿

根據需要每 6 至 8 小時使用一次

過量服用可導致肝臟及腎臟損害

Different brands of paracetamol or ibuprofen oral syrup may have different concentrations. Follow the instructions on medicine label for dosage and frequency.

不同牌子的撲熱息痛或布洛芬口服糖漿的濃度未必相同，需按照藥物標籤上的指示使用。

Medicine dosage depends on body weight and age of your child. Do not give antipyretics to children under 2 years old without doctor's advice.

藥物的劑量是根據孩子的體重和年齡計算。2歲以下兒童，除按醫生建議外，請勿自行服用退燒藥。

If both antipyretics are prescribed, use ibuprofen as alternative if your child has fever with discomfort persisted 2 – 4 hours after taking paracetamol.

醫生或會同時處方兩種退燒藥，如您的孩子服用撲熱息痛 2 – 4 小時後仍然發燒並感到不適，便可使用布洛芬。

Always use a calibrated measuring device, such as an oral syringe or medication cup for liquid medicines to ensure correct dosing.

為確保劑量正確，請使用經校準的測量容器量度口服液體藥物，例如餵藥針筒或藥杯等。

If your child is sleeping, there is no need to wake up your child just for taking antipyretics.

如果您的小孩睡得安寧，則無需喚醒孩子起床服用退燒藥。

Some over-the-counter cough and cold medicines may contain antipyretics. Different brands may also contain the same ingredients. Read carefully the medicine labels and consult doctors or pharmacists when in doubt.

市面上有些非處方傷風咳藥也可能含有退燒藥成份，而不同牌子也可含有相同成份。在給兒童服用這些藥物前，先仔細閱讀藥物標籤。如有疑問，請諮詢醫生或藥劑師。