

Medication guide

The last fever medication given at the hospital:

Paracetamol/Ibuprofen/ Diclofenac Na

Time: _____

You may use the guide below to record your child's fever

Date	Time	Temperature	Medication Given



**KK Women's and
Children's Hospital**

SingHealth

Fever In Children

Useful telephone number

Appointments / Specialist

6294-4050

Outpatient Clinics

Enquiries Hotline



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Your guide
to fever

PATIENTS. AT THE HEART OF ALL WE DO.

The human body has a thermostat which regulates our body temperature. The normal body temperature is between 36.5 °C and 37.5 °C. With infection or other illnesses, various chemicals are released in our body. This resets the thermostat, resulting in fever.

■ A few points to note about fever

- Fever is the body's way to fight infection. However, it is not just caused by infections alone.
- How high a fever is does not indicate the severity of the illness causing the fever.
- Overwrapping and a generally hot environment can cause the body temperature of a child to be slightly above normal.
- Fever caused by viral infections may persist for 5 to 7 days.
- A small percentage of children aged between 6 months and 6 years old may have seizures with high fever. However, high fever itself or febrile seizures usually do not lead to brain damage.

■ Medications

Paracetamol

First line of medication to be used 4 - 6 hourly.

- Give 4 hourly if temperature is above 38.5 °C.
- 6 hourly if temperature is less than 38.5 °C.
- Do not use in infants less than 3 months old.

Ibuprofen

- Use when fever is persistently above 38.5 °C, 1 – 2 hours after paracetamol.
- Give 6 hourly.
- Do not use in infants less than 6 months old. In infants 6 months to less than 1 year old, it can be given 8 hourly.

Diclofenac Na (Voltaren suppositories)

- Use when fever is persistently above 38.5 °C, 1 – 2 hours after paracetamol.
- Give 12 hourly
- Do not use in infants less than 1 year old unless advised by your doctor.

Do not give your child:

- Both ibuprofen and diclofenac at the same time as they belong to the same class of medications.
- Either ibuprofen or diclofenac if your child has severe vomiting or a bleeding disorder. This is in view of possible bleeding from the stomach and intestines.
- Aspirin unless advised by the doctor.

Fever medications usually bring down the temperature by 1 – 2 °C. Do not be alarmed if your child is still having a fever after the medication. Antibiotics are of no use in viral fevers.

■ Other measures

- Encourage your child to take plenty of fluids.
- Dress your child in light clothing to allow heat exchange.
- Keep the room cool and well-ventilated.

■ Consult your doctor if your child:

- Is feeding poorly, vomiting or lethargic.
- Is very young, especially less than 3 months old.
- Has difficulty breathing.
- Is drowsy.
- Appears sicker.
- Has decreased urine output.
- Has new symptoms like abdominal pain or rash.