

# Making Anti-Seizure Medicine Taste Better

Children and adults can be sensitive to the taste of medicines (e.g., bitter taste). However, there are a few things you can do to help your anti-seizure medicine taste better. **Anti-seizure medicines do not usually react with foods or drinks, but always check with your pharmacist.**

## Liquid Medicines

- **Mix.** Mix the medicine with a strong flavor (juice, Kool-Aid®, chocolate, strawberry sauce, yogurt or applesauce). Use only a little bit of food or drink. This will help you (your child) finish it all to get the correct dose. Be sure to give the mixture right away; if it sits around, the medicine strength becomes weaker.
- **Mask.** Tricking your taste buds! Try the medicine with a cold treat (ice cream or popsicle) or coat the tongue with a spoonful of peanut butter or maple syrup before giving the medicine.
- **Modify.** Chill the medicine to help improve its taste. Ask your pharmacist if the medicine can be stored in the fridge and not at room temperature. If nothing else works, use a syringe to give the medicine. Slide it into the side of your child's mouth along the cheek and squirt, but don't touch the tongue.



## Pills

- Place the pill on the back of the tongue.
- Cover the pill with chocolate sauce, then eat a peppermint candy.
- Crush the pill and mix with one of these:
  - Soft foods that don't need to be chewed (pudding, applesauce, yogurt, ice cream)
  - A little water with cherry syrup in it
  - A little bit of juice (not grapefruit) and follow it with a drink that your child likes
  - Frozen raspberry juice concentrate; the cold and strong flavor hides bitter taste.



## If these tips do not work, ask your provider if it is possible to:

- Switch brands of medicine (some brands have different tastes)
- Change medicine concentration (a lower/higher concentration of the dose may taste better)