

7. Advice to patient

The patient would be advised to take 1 g mixed with a small amount of water three times a day when required. She would be advised that the easiest way to achieve this at home would be to use a level teaspoon of powder, which is approximately equivalent to 1 g. In addition, the discard date and the fact that the product is to be stored in a dry place would be highlighted to the patient.

Example 8.3

The preparation of five individual dose powders of Codeine Phosphate BP 10 mg

You receive a prescription in your pharmacy with the following details:

Patient:	Mr Tommy Jacks, 13 Albert Drive, Astonbury
Age:	76
Prescription:	Codeine Phosphate 10 mg powders
Directions:	i prn
Mitte:	6

1. Use of the product

Codeine Phosphate BP is used to treat mild to moderate pain and diarrhoea and as a cough suppressant (*British National Formulary* 51st edn, p 226).

2. Is it safe and suitable for the intended purpose?

The usual adult dose to treat pain is 30–60 mg every 4 hours when necessary to a maximum of 240 mg daily (*British National Formulary* 51st edn, p 226). However, consultation with the prescriber indicates that the patient is frail and requires a lower than normal dose of codeine to achieve pain control. The preparation is therefore safe and suitable for the intended purpose.

3. Calculation of formula for preparation

Product formula

	1 powder	10 powders
Codeine Phosphate BP	10 mg	100 mg
Lactose BP	to 200 mg	to 2000 mg

Calculation

The quantity of Codeine Phosphate BP required for the 10 powders is 100 mg, which is below the minimum weighable

Tips

The final weight of individual powders that we recommend for ease of calculation and administration is 200 mg. An excess is made to allow for losses during preparation.