

SOME OF OUR COMMON OVER THE COUNTER MEDICATIONS

These are some of the over-the-counter medicines we often recommend, along with their doses.

Dosage should be based on your child's weight, not age.

Please be aware that these are all "symptomatic treatments". They won't cure an illness, but may bring your child some relief.

Please call our office if they are not helping your child, or if you need to use them more than a few times a day.

| MEDICATION | BENADRYL (ALLERGIES & ALLERGIC REACTIONS) | ZYRTEC (Cetirizine) CLARITIN (Loratadine) 5MG / 5ML (ALLERGIES) | ALLEGRA (Fexofenadine) 30MG / 5ML (ALLERGIES) | MUCINEX (COUGH & COLD) | DELSYM (COUGH) | DIMETAPP (COLD & COUGH) COLD&ALLERGY COLD&COUGH | PEDIACARE (COUGH & COLD) | ROBITUSSIN COUGH&COLD PLAIN DM PE CF PEDIATRIC COUGH | TRIAMINIC (COUGH&COLD) |
|-------------------------|--|--|--|---------------------------|-------------------|--|-----------------------------|---|---------------------------|
| AGE & WEIGHT | | | | | | | | | |
| 6-11 mos 14-17 lbs. | 1/4-1/2 tsp. | 1/4 TSP | NO | COUGH | OR | COLD | MEDS | UNDER | AGE 2 |
| 12-23 mos 18-23 lbs. | 3/4-1 tsp. | 1/2 TSP | NO | COUGH | OR | COLD | MEDS | UNDER | AGE 2 |
| 2-3 yr. 24-35 lbs. | 1-1 1/2 tsp | 1 TSP (5MG) | 1/2 TSP | 1/2 TSP | 1/2 tsp | 3/4 TSP | 1 tsp | 3/4 tsp. | 3/4 tsp. |
| 4-5 yr. 36-47 lbs. | 1 1/2-2 tsp | 1 1/2 TSP(7.5MG) | 1 TSP (30MG) | 3/4 TSP | 3/4 tsp | 1 TSP | 1 1/2 tsp | 1 tsp | 1 tsp |
| 6-8 yr. 48-59 lbs. | 2-2 1/2 tsp | 2 TSP (10MG) | 2 TSP (60MG) | 1 TSP (100MG) | 1 tsp | 1 1/2 TSP | 1 3/4 tsp | 1 tsp | 1 1/2 tsp |
| 9-10 yr. 60-71 lbs. | 2 1/2 - 3 tsp | 2 TSP (10MG) | 2 TSP (60MG) | 1TSP (100MG) | 1 tsp | 1 3/4 TSP | 2 tsp | 1 1/2 tsp | 2 tsp |
| 11 yr. 72-95 lbs. | 3-3 1/2 tsp | 2 TSP (10MG) | 2 TSP (60MG) | 1 1/2 TSP (150MG) | 1 1/2 tsp | 2 TSP | 2 1/2 tsp | 2 tsp | 2 1/2 tsp |
| over 12 & Adults | 3-4 tsp | 2 TSP (10MG) | 180 MG (1x/DAY) | 2 TSP (200MG) | 2 tsp | 3 TSP | 3 tsp | 2-3 tsp | 3 tsp |
| HOW OFTEN? | EVERY 6 HRS | 1 TIME/DAY | 2 TIMES / DAY | EVERY 12 HRS | EVERY 12 HRS | EVERY 4 HRS | EVERY 4-6 HRS | EVERY 4 HRS | EVERY 4-6HRS |

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ACETAMINOPHEN

| Age/weight | INFANT Drops 160 mg(5ML) | Chewable tabs 80 mg tabs | CHILDREN'S liquid 160 mg/5 ml | Junior Strength 160 mg | Regular Strength 325 mg | Extra strength 500 mg |
|--------------------------------------|--------------------------------|--------------------------------|-------------------------------------|------------------------------|-------------------------------|-----------------------------|
| 0-3 mos 6-11 lbs | 1.25 ML | | 1/4 TSP | | | |
| 4-11 mos 12-17 lbs | 2.5 ML | | 1/2 tsp | | | |
| 12-23 mos 18-23 lbs | 3.75 ML | | 3/4 tsp | | | |
| 2-3 yrs 24-35 lbs | 5 ML | 2 tabs | 1 tsp | | | |
| 4-5 yrs 36-47 lbs | | 3 tabs | 1 1/2 tsp | | | |
| 6-8 yrs 48-59 lbs | | 4 tabs | 2 tsp | 2 caps/tab | | |
| 9-10 yrs 60-71 lbs | | 5 tabs | 2 1/2 tsp | 2 1/2 caps/tab | | |
| 11 yrs 72-95 lbs | | 6 tabs | 3 tsp | 3 caps/tab | | |
| ADULTS & CHILDREN OVER 12 YRS. | | | | 3-4 cap/tabs | 1-2 caps/tab | 1-2 caps |

Doses should be administered every 4 - 6 hours. Not to exceed 5 doses in 24 hours.

IBUPROFEN (Motrin/Advil)

| Age/weight | Suspension drops | Chewables | Suspension liquid | Jr. Strength chewable | Regular strength |
|------------------------|------------------------|-----------|----------------------|--------------------------|---------------------|
| | 50 mg./1.25 ml | 50 mgs | 100 mg/ 5 ml | 100 mg | 200 mg |
| 6-11 mos 14-17 lbs | 1 dppr (1.25ml) | | 1/2 tsp | | |
| 12-23 mos 18-23 lbs | 1 1/2 dppr (1.85ml) | | 3/4 tsp | | |
| 2-3 yrs 24-35 lbs | 2 dppr 2.5ml) | 2 tabs | 1 tsp | | |
| 4-5 yrs 36-47 lbs | | 3 tabs | 1 1/2 tsp | | |
| 6-8 yrs 48-59 lbs | | 4 tabs | 2 tsp | 2 caps/tab | |
| 9-10 yrs 60-71 lbs | | 5 tabs | 2 1/2 tsp | 2 1/2 cap/tab | |
| 11 yrs 72-95 | | 6 tabs | 3 tsp | 3 caps/tab | |
| over 12 adults | | | | 3-4 caps/tab | 1-2 caps/tabs |

Doses should be administered every 6 - 8 hours. Not to exceed 4 doses in 24 hours.

Dosage should be based on your child's weight, not age.