

# Instructions for Common Children's Medication

*If your child is less than 6 years old, do not give any cough/congestion/runny nose medicines without consulting your child's doctor.*

## GENERAL INSTRUCTIONS WHEN YOUR CHILD IS SICK:

- Increase fluids
- Use saline nasal spray and a nasal aspirator (for example Nose Frida) to clear the nose of an infant
- Wash hands frequently

## MEDICINES FOR FEVER AND PAIN

### Ibuprofen (Motrin or Advil)

- Do not give to children under 6 months
- May upset stomach if taken on an empty stomach
- May give every 6 hours if needed
- Measure liquid medications with syringes. Household spoons are not safe to dose medication.

Weight	Age	Infant Drops 1.25mL = 50 mg Use dropper provided	Children's Liquid 5 mL = 100 mg Use dosage cap provided	Junior Tablet 1 tablet = 100 mg	Adult Tablet 1 tablet = 200 mg
<11 lbs	<6 mos	*Not to be given to infants under 6 months of age			
12-17 lbs	6-11 mos	1.25 mL	2.5 mL (1/2 tsp.)		
18-23 lbs	12-23 mos	1.875 mL	3.75 mL (3/4 tsp.)		
24-35 lbs	2-3 yrs	2.5 mL	5 mL (1 tsp.)		
36-47 lbs	4-5 yrs		7.5 mL (1 1/2 tsp.)		
48-59 lbs	6-8 yrs		10 mL (2 tsp.)	2 tablets	1 tablet
60-71 lbs	9-10 yrs		12.5 mL (2 1/2 tsp.)	2.5 tablets	1 tablet
72-95 lbs	11 yrs		15 mL (3 tsp.)	3 tablets	1.5 tablets
96+ lbs	>11 yrs		20 mL (4 tsp.)	4 tablets	2 tablet

### Acetaminophen (Tylenol)

- May give every 4 hours if needed but don't give more than 5 times per 24 hours
- Do not combine with other medicines containing Acetaminophen (such as medications advertised to older children for pain and cold relief)
- Measure liquid medications with syringes. Household spoons are not safe to dose medication.

Weight	Age	Infants' Liquid 160mg/5ML 5 mL = 1 tsp.	Children's Liquid 160mg/5ML	Children's Tablet 160mg/tablet	Adult REGULAR Strength 325mg
6-11 lbs	0-3 mos	*Only to be given if directed by a healthcare professional			
12-17 lbs	4-11 mos	2.5 mL (1/2 tsp.)	2.5 mL (1/2 tsp.)		
18-23 lbs	12-23 mos	3.75 mL (3/4 tsp.)	3.75 mL (3/4 tsp.)		
24-35 lbs	2-3 yrs	5 mL (1 tsp.)	5 mL (1 tsp.)	1 tablets	
36-47 lbs	4-5 yrs		7.5 mL (1 1/2 tsp.)	1.5 tablets	
48-59 lbs	6-8 yrs		10 mL (2 tsp.)	2 tablets	1 tablet
60-71 lbs	9-10 yrs		12.5 mL (2 1/2 tsp.)	2.5 tablets	1 tablet
72-95 lbs	11 yrs		15 mL (3 tsp.)	3 tablets	1.5 tablets
96+ lbs	>11 yrs				2 tablets

(continued on back)

## MEDICINES FOR ALLERGIES

### Childrens Benadryl Allergy (diphenhydramine)

- May cause drowsiness or irritability
- May be given every 6 hrs as needed

<b>Weight</b> *only give if directed by doctor or nurse or nurse	<b>Liquid</b> 12.5mg = 5 mL 5 mL = 1 teaspoon	<b>Chewables</b> 12.5mg	<b>Capsules</b> 25mg
22-32 lbs*	3.74 mL (3/4 tsp.)		
33-43 lbs*	5 mL (1 tsp.)	1 tablet	
44-54 lbs*	7.5 mL (1 1/2 tsp.)	1.5 tablets	
55-109 lbs	10 mL (2 tsp.)	2 tablets	1 capsule
110+ lbs		4 tablets	2 capsules

### Loratadine (Claritin)

- May cause drowsiness
- Give once daily

<b>Age</b>	<b>Liquid 24 hr</b> 5mg = 5 mL 5 mL = 1 teaspoon	<b>Dissolving Tablet or Adult Tablet 24hr</b> 10mg	<b>Chewables</b> 5mg
<2 years	Only to be given if directed by a healthcare professional		
2-6 years	5 mL (1 tsp.) daily	Not for <6yo	1 tab daily
>6 years	10 mL (2 tsp.) daily	1 tab daily	2 tabs daily

### Cetirizine (Zyrtec)

- May cause drowsiness
- Give once daily

<b>Age</b>	<b>Liquid</b> 5mg = 5 mL 5 mL = 1 teaspoon	<b>Tablet</b> 10mg	<b>Chewables</b> 5mg
<2 years	Only to be given if directed by a healthcare professional		
2-6 years	2.5 mL (1/2 tsp.)	Not recommended for <6yo	1 tab daily
> 6 years	5 - 10 mL (1 - 2 tsp.)	1 tablet	2 tabs daily