



# OTC DOSING GUIDE

## Benadryl

Our Dosing Guide gives dosages for common over-the-counter medications used in children. These medications are dosed according to weight. To calculate your child's dose, look up his or her weight in the Dosing Guide and read across to the proper dose for each medicine listed. If you do not know your child's weight and if your child is too young to stand on bathroom scales, a simple way to determine his or her weight is to first weigh both you and your child as you hold him. Then weigh yourself alone. Subtracting these two numbers will give you a fairly accurate weight for your child. The doses listed in the Dosing Chart are standard doses which are safe for your child. In some situations we recommend doses of these medications which may be slightly higher or lower than the doses recommended on the packaging of the medication. This should not concern you. If our advice calls for doses which are dramatically different, please ask us the reason for this.

### **Abbreviations:**

mg=milligram

tsp=teaspoon

ml=milliliter

cc=cubic centimeter

dppr=dropperful

1 cc=1 ml

1 tsp=5 cc

**If your child takes an overdose of any medication, call Poison Control right away.  
The phone number is 1-800-376-4766 or 686-6161.**

# **CHILDREN'S BENADRYL ALLERGY LIQUID**

(Generic Name: Diphenhydramine)

(Antihistamine)

**NEVER GIVE TO INFANTS LESS THAN 6 MONTHS OLD.**

**DO NOT GIVE TO CHILDREN LESS THAN 2 YEARS OLD UNLESS ADVISED BY A PHYSICIAN.**

**Dosage:** Every 4 -6 hours. Please be aware that there is a Children's Benadryl Liquid in pre-filled spoons. Our recommended doses are based on your child's weight so this is not a good option. Please use our dosing guide for babies (over 6 months of age) and young children.

**When to use:** Benadryl is an antihistamine medication which is particularly good at relieving symptoms due to upper respiratory allergies such as runny nose, sneezing, itchy, watery eyes, itching of the nose and throat, and may help coughs caused by post-nasal drainage. It is also useful to treat itching due to any cause, especially with rashes due to allergy or viruses (example: Chicken Pox). Use Benadryl to treat insect bites and stings.

**Side Effects:** Benadryl may cause drowsiness or, less commonly, agitation or insomnia. Other side effects are rare. Several years ago it was thought that antihistamines such as Benadryl should not be given to children with asthma. This has now been disproved. Actually, it may control nasal allergies of children with asthma.

CHILDREN'S BENADRYL ALLERGY **LIQUID** (Diphenhydramine) 12.5 mg per 5 ml (tsp)  
For children 6 months to 11 + years of age

<b>Weight</b>	<b>Dosage (12.5 mg per 5 ml/1 tsp)</b>
18-23 lbs	$\frac{3}{4}$ teaspoon (3.75 ml)
24-35 lbs	1 tsp (5 ml)
36-47 lbs	1 $\frac{1}{2}$ tsp (7.5 ml)
48-59 lbs	2 tsp (10 ml)
60-71 lbs	2 $\frac{1}{2}$ tsp (12.5 ml)
72+ lbs	3 tsp (15 ml)

**Children over the age of 12 years may take the adult strength (25 mg) Benadryl. The dosage is 1-2 (tablets, kagels, liqui-gels, or quick dissolve strips) every 4-6 hours.**