



OTC DOSING GUIDE

Cough Suppressant

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.**

COUGH SUPPRESSANT (Dextromethorphan)
(Most Common Brand Name: DELSYM Cough Suppressant 12 hour)

DO NOT GIVE TO CHILDREN LESS THAN 2 YEARS OLD.

Most cold medications contain ingredients, such as antihistamines and decongestants, in addition to a cough suppressant which aren't always needed. Also, if you are already giving your child other allergy medications, you may be over-dosing them by using a combination cold and cough syrup. Delsym contains only a cough suppressant and is safe to give with other over-the-counter or prescription allergy medications your child may be taking.

Dosage: Every 12 hours.

When to use: Use for non-productive cough which is interfering with your child's ability to sleep.

Side Effects: The active ingredient in medications used to suppress a cough is dextromethorphan. It is quite safe. Rarely, it has been known to cause slight drowsiness, nausea, and dizziness.

DELSYM COUGH SUPPRESSANT 12 HOUR
(Dextromethorphan)

Age	Dosage
2 yr – 5 yr	½ teaspoon (2.5 ml)
6 yr – 11 yr	1 tsp (5 ml)
12+ yr	2 tsp (10 ml)