

CAPC: DOSING GUIDE for Common “over-the-counter” Medications



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.**

ACETAMINOPHEN

(Most Common Brand Name: Tylenol)

Dosage: Every four (4) hours. Please be aware that there are two liquid dosage strengths of acetaminophen. The concentrated Infants' drops have 80 mg per 0.8 ml (dropperful) and the Children's syrup or suspension has 160 mg per 5 ml (teaspoon). Make sure you know which strength you are using so that you can look up the dose properly.

When to use: Acetaminophen should be used to reduce fever and relieve pain. Acetaminophen has no anti-inflammatory actions. Prior to using acetaminophen for fever, you should consult the fever section of this handbook on page 14.

Side effects: Acetaminophen taken at proper doses is very safe. Only if an overdose of the medication occurs is there a likelihood of any side effect. Beware - large overdoses of acetaminophen can be deadly. This medicine should be kept out of reach of your children.

Note: If a child has a particularly high fever sometimes we increase the dose of acetaminophen above these dosages. You should only increase your child's dose when directed to do so by a physician because of the risk of overdosing and liver damage.

***Never treat fever in an infant less than three months of age
without first speaking with the physician or a member of our clinical staff.**

INFANTS' AND CHILDREN'S LIQUID ACETAMINOPHEN (Tylenol)
 ***Note: For Infants' Drops, use dropper supplied with medication ***

Weight	Infants' Concentrated Drops 80mg/dropperful (0.8 ml)	Children's Suspension 160mg/teaspoon (5 ml)
6 - 11 lbs	½ dropperful (0.4 ml)	---
12 - 17 lbs	1 dropperful (0.8 ml)	½ teaspoon (2.5 ml)
18 - 23 lbs	1 ½ dropperful (1.2 ml)	¾ tsp (3.75 ml)
24 - 35 lbs	2 dropperful (1.6 ml)	1 tsp (5 ml)
36 - 47 lbs	---	1 ½ tsp (7.5 ml)
48 - 59 lbs	---	2 tsp (10 ml)
60 - 71 lbs	---	2 ½ tsp (12.5 ml)
72+ lbs	---	3 tsp (15 ml)

INFANTS' AND CHILDREN'S ACETAMINOPHEN SUPPOSITORIES (Brand: FeverAll)

Weight	Infants' 80 mg/suppository	Children's 120 mg/suppository
12 - 17 lbs	1	2/3
18 - 23 lbs	1 ½	1
24 - 35 lbs	2	1 ½
36 - 47 lbs	---	2
48 - 59 lbs	---	2 ½
60 - 71 lbs	---	3
72+ lbs	---	4

MELTAWAYS/CHEWABLE ACETAMINOPHEN (Tylenol)

Weight	Children's 80 mg tablets	Jr. 160 mg tablets
24 - 35 lbs	2	1
36 - 47 lbs	3	1 ½
48 - 59 lbs	4	2
60 - 71 lbs	5	2 ½
72 - 95 lbs	6	3
96+ lbs		4

12 years old – Adult: Take two Regular Strength (325mg) acetaminophen tablets every 4 hours.

IBUPROFEN
(Most Common Brand Names: Motrin and Advil)

DO NOT GIVE TO INFANTS LESS THAN 6 MONTHS OLD.

Dosage: The dosage is every 6 to 8 hours. Please be aware that there are two liquid strengths of ibuprofen (concentrated infant drops and children's suspension) and several strengths of tablets (chewable tablets, junior strength tablets, and adult tablets). Because of this, dosing errors are possible if you choose the wrong dosage strength. For simplicity, we only recommend Children's Motrin Suspension 100 mg per 5 ml and Children's Advil Suspension 100 mg per 5 ml in our dosing guide for babies (over 6 months of age) and young children. Other dosage strengths are safe, but with so many choices, dosages can be confusing. Therefore, we advise you buy the dosage strength we recommend (Children's suspension) and make sure you properly look up the dose.

When to use: Ibuprofen should be used to control high fevers which are unresponsive to acetaminophen (Tylenol). It can also be used to control pain and reduce inflammation.

Side Effects: May cause stomach upset, other side effects are rare.

CHILDREN'S IBUPROFEN SUSPENSION (Motrin or Advil) 100 mg per 5 ml (tsp)

Weight	If fever is less than 102.5° F	If fever is above 102.5° F
13-17 lbs	½ teaspoon (2.5 ml)	½ teaspoon (2.5 ml)
18-23 lbs	¾ tsp (3.75 ml)	1 tsp (5 ml)
24-35 lbs	1 tsp (5ml)	1 ½ tsp (7.5 ml)
36-47 lbs	1 ½ tsp (7.5 ml)	2 tsp (10ml)
48-59 lbs	2 tsp (10 ml)	2 ½ tsp (12.5 ml)
60-71 lbs	2 ½ tsp (12.5 ml)	3 tsp (15 ml)
72-95 lbs	3 tsp (15 ml)	4 tsp (20ml)
96+ lbs	4 tsp (20 ml)	4 tsp (20 ml)

CHILDREN'S BENADRYL ALLERGY LIQUID
(Generic Name: Diphenhydramine)
(Antihistamine)

DO NOT GIVE TO INFANTS LESS THAN 6 MONTHS OLD.

Dosage: Every four (4) 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 due to 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

Weight	Dosage (12.5 mg per 5 ml/1 tsp)
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.

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

DO NOT GIVE TO CHILDREN LESS THAN 2 YEARS OLD.

Most cough preparations 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)