

INSTRUCTIONS FOR CHILDREN'S MEDICATIONS

If your child is less than 4 years old, do not give any cough/congestion/runny nose medicines without consulting your child's doctor.

When your child is sick:

- Increase fluids
- Use a cool mist humidifier to relieve congestion
- Use saline nasal spray and a bulb syringe to clear the nose of an infant
- Wash hands frequently

Medicines for Cough/Congestion/Runny Nose

Triaminic products

- ◆ Some may cause drowsiness
- ◆ May be given every 6 hours as needed
- ◆ **Do not** use the products which also contain acetaminophen

	Triaminic Cold & Allergy	Triaminic Daytime Cold & Cough	Triaminic Nighttime Cough & Cold	Triaminic Chest & Nasal Congestion
Weight	Chlor Pheny	Pheny DM	Diphen Pheny	Guai Pheny
24-47lb	5ml	5ml	5ml	5ml
48-95lb	10ml	10ml	10ml	10ml

	Triaminic Long Acting Cough	Triaminic Daytime Cold & Cough Thin Strips	Triaminic Nighttime Cold & Cough Thin Strips	Triaminic Cough & Runny Nose Thin Strips	Triaminic Allergy Thin Strips
Weight	DM	DM Pheny	Diphen Pheny	Diphen	Diphen
24-47lb	5ml	1 strip	1 strip	1 strip	1 strip
48-95lb	10ml	2 strips	2 strips	2 strips	2 strips

Benadryl (diphenhydramine)

- ◆ May cause drowsiness
- ◆ May be given every 6 hours as needed

Weight	Suspension 12.5mg/5cc	Chewables 12.5mg	Adult 25mg
25-35 lbs.	5mg (1 tsp)	1	
36-49 lbs	7.5 ml (1 ½ tsp)	1 and ½ tablet	
50 lbs. +	10 ml (2 tsp)	2	1

Dimetapp products

- ◆ Some may cause drowsiness
- ◆ May be given every 6 hours as needed
- ◆ **Do not** use the products which also contain acetaminophen

	Dimetapp Cold & Allergy	Dimetapp Cold & Cough	Dimetapp Long Acting Cough & Cold	Dimetapp Nighttime Cold & Congestion
Weight	Brom Pheny	Brom DM Pheny	Chlor DM	Diphen Pheny
24-45 lbs (over 6 years)	5ml	5ml	5ml	5ml
48-90 lbs	10ml	10ml	10ml	10ml
Over 90 lbs	20ml	20ml	20ml	20ml

Pediacare products

- Some may cause drowsiness
- May be given every 4-6 hours as needed (except Pediacare 24 Hour Allergy- which is once a day only)
- **Do not** use the products which also contain acetaminophen

	Pediacare Multi-Symptom Cold	Pediacare Cough & Congestion	Pediacare Decongestant	Pediacare Allergy	Pediacare 24 Hour Allergy
Weight	DM Pheny	DM Guai	Pheny	Diphen	Cetirizine
36-47 lbs	5 ml	2.5ml- 5ml	5ml	5ml	2.5ml-5ml
48-95 lbs	10ml	5ml- 10ml	10ml	5ml	5ml-10ml

Claritin/Alavert/Dimetapp ND (Loratadine)

- May be given once a day as needed

	Children's Syrup 5mg/5ml	Reditabs 10mg	24 hour Tablets 10 mg	Claritin-D Tab 24 Hr 10mg Lor 240 mg Phenyl	Claritin-D 12 Hr 10 mg Lor 120mg Phenyl
Weight	Use dosing cup	Disintegrating Tablet	Tablet	Tablet	Tablet
24-47 lbs	5 ml	½ tab			
47 lbs +	10 ml	1	1	1	1

Zyrtec (Cetirizine)

- May be given once a day as needed

Weight	Zyrtec Children's Allergy Syrup 10mg/10ml	Zyrtec Children's Chewables 10mg
30-60 lbs	2.5ml-5 ml	½ tablet
Over 60 lbs	5 ml- 10 ml	1 tablet

Pharmaceutical Glossary:

- Chlor-chlorpheniramine (antihistamine)
- Brom-Brompheniramine (antihistamine)
- DM- Dextromethorphan (cough suppressant)
- Diphen-Diphenhydramine (antihistamine)
- Pseud- Pseudoephedrine (decongestant)
- Pheny- Phenylephrine (decongestant)
- Lorazepam (antihistamine)
- Cetirizine (antihistamine)

Call your doctor's office if symptoms do not improve in _____ days, new symptoms occur, or you have other concerns.

Fever & Pain Medicines

Acetaminophen (Tylenol)

May give every 4 hours if needed

Do not give cough medicines combined with Acetaminophen (such as Tylenol Cold)

	Infant Drops 80mg/0.8ml	Children's Suspension 160mg/5ml	Children's Chewables 80mg	Jr. Strength 160mg
Dose	Dropper	Teaspoon	Tablet	Tablet
Weight	Use only the dropper provided	Use the dosing cup provided		
6-11 lbs.	½ dropper (0.4 ml)			
12-17 lbs.	1 dropper (0.8 ml)	½ tsp. (2.5 ml)		
18-23 lbs.	1 ½ dropper (1.2 ml)	¾ tsp. (4 ml)		
24-35 lbs.	2 dropper (1.6 ml)	1 tsp. (5 ml)	2	1
36-47 lbs.		1 ½ tsp. (7.5 ml)	3	
48-59 lbs.		2 tsp. (10 ml)	4	2
60-71 lbs.		2 ½ tsp. (12.5 ml)	5	2 ½
72- 95 lbs.		3 tsp. (15 ml)	6	3
96 + lbs.				4

Ibuprofen (Motrin or Advil)

Use this dose for high fever over 102F.

May upset stomach if taken on empty stomach.

May give every 6 hours if needed

Do not give cough medicines combined with Ibuprofen (such as Advil Cold)

	Infant Drops (50mg/1.25ml)	Children's Suspension 100mg/ 5ml	Children's Chewables 50mg	Jr Strength Chewables 100mg
Weight	Use only the dropper provided	Use the dosage cup provided	Tablets	Tablets
12-17 lbs.	1 .25ml	1.25ml (1/4 tsp.)		
18-23 lbs.	1.875ml	2.5ml (1/2 tsp.)		
24-35 lbs.	2.5ml	5ml (1 tsp.)	2	1
36-47 lbs.		7.5ml (1 ½ tsp.)	3	1 ½
48-59 lbs.		10 ml (2 tsp.)	4	2
60-71 lbs.		12.5 ml (2 1/2 tsp.)	5	2 ½
72-95 lbs.		15 ml (3 tsp.)	6	3
Over 96		20 ml (4 tsp.)	8	4

Call your doctor's office if symptoms do not improve in ____ days, new symptoms occur, or you have other concerns.