

Over-The-Counter Medications Recommended Dosages

Conversion: 1tsp = 5 cc = 5 ml (Milligrams are not the same as milliliters) Milliliter is the volume of fluid (i.e. teaspoon (tsp). Milligram is the amount of medicine (active ingredient) in the fluid.

Fever & Discomfort

Tylenol (160 mg/5 mL)

Give every 4 to 6 hours, as needed, no more than 5 times in 24 hours (unless directed to do other by your healthcare provider)

Weight	6-10#	11-17#	18-22#	23-34#	35-47#	48-59#	60-71#	72-95#	>95#
	1.25 mL (40 mg)	2.5 mL (80 mg)	3.75 mL (120 mg)	5 mL (160 mg)	7.5 mL (240 mg)	10 mL (320 mg)	12.5 mL (400 mg)	560 mg	720 mg

Ibuprofen

Give every 6-8 hours, as needed, no more than 4 times in a 24 hour periods (unless directed to do otherwise by your healthcare provider)

Do not give to children less than 6 months of age

Weight	6-10#	11-17#	18-22#	23-34#	35-47#	48-59#	60-71#	72-95#	>95#
Infant Drops (50 mg/1.25 mL)		1.25 mL (50 mg)	1.875 mL (75 mg)	2.5 mL (100 mg)					
100 mg/5 mL		2.5 mL (50 mg)	3.75 mL (75 mg)	5 mL (100 mg)	7.5 mL (150 mg)	10 mL (200 mg)	12.5 mL (250 mg)	300 mg	400 mg

A Fever is defined as a temperature greater or equal to 100.4 degrees. Fevers alone are not dangerous. Fever may be caused by an infection as simple as a cold, or may be caused by viruses or bacteria. A child's appearance is more important than the temperature. Care includes giving your child plenty of fluids and dressing him/her in lightweight clothes. A rectal temperature is considered most accurate and the only dependable way to take a temperature in an infant less than 6 months old. An "ear scan" thermometer is convenient (and used often in our office), but not completely accurate; it should be used as a screening device only. An oral thermometer is accurate if the child keeps his/her mouth closed.

Antihistamine for Allergies

Diphenhydramine (Benadryl) (12.5 mg/5 mL)

May also be used for allergies, itchy rashes, hives

Weight	12-17#	18-23#	24-35#	35-47#	48-59#	60-95#	>95#	How often
	2.5 mL (6.25 mg)	3.75 mL (9.375 mg)	5 mL (12.5 mg)	7.5 mL (18.75 mg)	10 mL (25 mg)	15 mL (37.5 mg)	20 mL 50mg	6 hours

Age	2-6 years	>6 years	How Often
Loratadine (Claritin) (1 mg/1 mL)	5 mL (5 mg)	10 mL (10 mg)	Once daily

Age	6-12 months	12-23 months	24 months – 5 years	>6 years
Cetirizine (Zyrtec) (5 mg/5 mL)	2.5 mg once daily	2.5 mg once daily, may increase to 2.5 mg twice a day	5 mg once daily	5-10 mg once daily