

COMMON MEDICATIONS

For children **6 years and older**, the following are over-the-counter options which are useful.

Many allergy medications are multi-purpose in nature and can be used not only for allergy symptoms but for symptoms related to respiratory viruses or colds such as runny nose, stuffy nose, or cough to name a few.

Cetirizine (Zyrtec): 10 ml or one adult (10mg) tablet

For allergy, runny nose, and cough. This is a longer-lasting antihistamine that can be taken on a daily basis.

Fexofenadine (Allegra)- alternative to Cetirizine

For ages 6-12 years old: Liquid (30mg/ 5ml): 5 ml twice daily

For 12 years and older: 60 mg tablet twice daily or 180 mg tablet once daily.

Diphenhydramine (Benadryl): 10 ml or one adult (25mg) tablet, every 6-8 hours typically at night.

For allergy and allergic reactions, runny nose, and cough but with typically more sleepiness or sedation. This medicine is preferred for more severe allergy reaction, (hives, bee or insect sting), itching, or cough control.

Fluticasone (Flonase/ Sensimist) or Budesonide (Rhinocort): 1 spray each nostril twice daily or 2 sprays each nostril daily. For nasal symptoms to include congestion, itchy nose, runny nose, and even eye allergies consider a nasal steroid spray of which there are many manufacturers.

Ketotifen (Zaditor): a drop twice daily in each eye as needed. This is an antihistamine for the eye that treats itchiness caused by allergies.

Acetaminophen (Tylenol) (160mg/5ml) or 325 mg tablet: every 4-6 hrs for pain or fever- *see weight-based dosing on table below.

Ibuprofen (Motrin/ Advil) (100mg/5ml) or 200 mg tablet: every 6-8 hrs for pain, fever, inflammation- *see weight-based dosing on table below.

**Use dosing frequency as above if using Ibuprofen or Acetaminophen alone; however, may use every 3 hours if alternating Acetaminophen and Ibuprofen.

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| 66 to 87 pounds | 15 ml children's suspension OR <u>one</u> adult tablet (325mg Acetaminophen or 200mg Ibuprofen) |
| 88 pounds or greater | 20 ml children's suspension OR <u>two</u> adult tablets (325mg Acetaminophen or 200mg Ibuprofen) |

20 ml is typically the maximum dose without physician direction.