

COMMON MEDICATIONS

For children 6 months to 5 years of age, 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) (5mg/5ml): Daily, typically in the morning:

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

6 months of age to 2 years of age:	2.5 ml, typically given in the morning
2 years of age to 5 years of age	5ml, typically in the morning

Fluticasone (Flonase/Sensimist)/ Budesonide (Rhinocort):

1 spray each nostril twice daily

For excessive nasal symptoms especially congestion (starting at 2 years of age), you may consider a nasal steroid

Diphenhydramine (Benadryl) (12.5 mg/5ml): may give up to every 6-8 hours typically at night and given about 1 hour before bed-**see weight-based dosing below**

For allergy and allergic reactions, runny nose, cough but with typically more sleepiness or sedation (although 5% may have hyper or “paradoxical” reaction. This medication is preferred for more severe allergy reaction or itching (hives, bee or insect sting)

Acetaminophen (Tylenol) (160mg/5mg): Every 4-6 hours- see weight-based dosing below

As needed for fever or pain. Same concentration for infants and children’s in the U.S.—Can use for ages 2 months and older.

Ibuprofen (Motrin/Advil) (100mg/5ml): Every 6-8 hours – see weight-based dosing below

As needed for fever, pain, or inflammation: can begin using at 6 months of age.

Children’s preferable—If concentrated infant drops used, see side of box for dosing as this is different strength.

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

Weight based dosing for Diphenhydramine (Benadryl), Children’s or infants Acetaminophen (Tylenol), and Children’s (NOT INFANT’S) Ibuprofen (Motrin, Advil) as follows:

**Your Child’s
Weight:**

11 pounds to 16 pounds	2.5ml
16 pounds to 21 pounds	3.5ml
22 pounds to 26 pounds	5 ml
27 pounds to 32 pounds	6 ml
33 pounds to 37 pounds	7 ml
38 pounds to 43 pounds	8 ml
44 pounds to 66 pounds	10 ml
(IF WEIGHT EXCEEDS 66 POUNDS, STAY AT 10 ML DOSE)	