

## Dosing for Allergy Medications

### **Diphenhydramine (Benadryl)**

Products labeled “allergy plus cold” or “allergy plus sinus” are not recommended for children under the age of 6, as they contain additional medications. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s Liquid: 12.5 mg/ 5 mL = 12.5 mg/ 1 tsp  
Children’s Chewables: 12.5 mg each  
Adult tablets, capsules, and Liqui-Gels: 25 mg each

**Indication:** Give for hives, allergic reaction, itching, or seasonal allergy symptoms.  
*Not recommended* for children under the age of 1 without the supervision of a doctor.

**Timing:** You may give a dose of diphenhydramine (Benadryl) every 6 hours as needed.  
Do not give more than 4 doses in 24 hours.

Weight	Liquid	Chewable	Tablets/ Capsules/ Liqui-Gels
17-21 lbs	$\frac{3}{4}$ tsp = 3.75mL	Not Recommended	Not Recommended
22-32 lbs	1 tsp = 5 mL	1 chew	Not Recommended
33-42 lbs	1 $\frac{1}{2}$ tsp = 7.5 mL	1 $\frac{1}{2}$ chews	Not Recommended
43-53 lbs	2 tsp = 10 mL	2 chews	1 tablet
54-64 lbs	2 $\frac{1}{2}$ tsp = 12.5 mL	2 $\frac{1}{2}$ chews	1 tablet
65-75 lbs	3 tsp = 15 mL	3 chews	1 tablet
76-86 lbs	3 $\frac{1}{2}$ tsp = 17.5 mL	3 $\frac{1}{2}$ chews	1 tablet
>86 lbs	4 tsp = 20 mL	4 chews	2 tablets

### **Loratadine (Claritin)**

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s Liquid: 5 mg/ 5 mL = 5 mg/ 1 tsp  
Children’s Chewables: 5 mg each  
Adult tablets and Liqui-Gels: 10 mg each  
RediTabs: 5 mg OR 10 mg each

**Indication:** Give for symptoms of seasonal allergies, including runny nose, sneezing, itchy or watery eyes, and itching of the nose or throat.

**Timing:** You may give a dose of loratadine (Claritin) once every 24 hours.

Age	Liquid	Chewables	RediTabs	Tablets/ Liqui-Gels
<2 years	Ask your doctor	Not Recommended	Not Recommended	Not Recommended
2 – 5 years	1 tsp (5 mL) daily	1 (5 mL) daily	Ask your doctor	Ask your doctor
6+ years	2 tsp (10 mL) daily	2 (10 mL) daily	10 mg per day	1 (10 mg) daily

## Cetirizine (Zyrtec)

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s Liquid: 5 mg/ 5 mL = 5 mg/ 1 tsp  
Children’s Dissolve Tabs or Chewables: 5 mg OR 10 mg each  
Adult tablets or liquid gels: 5 mg OR 10 mg each

Indication: Give for hives, itching, or seasonal allergy symptoms.  
*Not recommended* for children under the age of 6 months.

Timing: You may give a dose of cetirizine (Zyrtec) either once or twice daily, as indicated below.

Age	Liquid	5 mg Chew/ Tabs	10 mg Chew/ Tabs
6 – 11 months	½ tsp (2.5 mL) daily	Not Recommended	Not Recommended
12 – 23 months	½ tsp (2.5 mL) twice daily	Not Recommended	Not Recommended
2 – 5 years	1 tsp (5 mL) daily	1 daily	Not Recommended
6 – 11 years	1 tsp daily (may increase to 2 tsp daily if needed)	1 daily (may increase to 2 daily if needed)	1 daily
12+ years	2 tsp (10 mL) daily	2 daily	1 daily

### NOTE:

- If your child is flushed, coughing, drooling, or having difficulty breathing, call 911 and proceed to the nearest emergency room.
- Call your pediatrician if a child under 1 year is experiencing an allergic reaction.
- Allergy medications are *not recommended* as a sleep aid or for relief of cold symptoms.
- Consult with your pediatrician before using cetirizine (Zyrtec) or loratadine (Claritin) if your child has liver or kidney disease.
- Contact your child’s pediatrician if you have any questions.
- Call Poison Control if you think your child overdosed on any medication.

### Phone Numbers:

Emergency: 911  
Sea View Pediatrics: 949-951-5437  
Poison Control: 1-800-222-1222