

DOSES FOR COMMON MEDS

(0 - 5 years)

These doses are only for the USA

Can give every 6-8h as needed for fever/pain.

Do not give more than 4 doses in 24h.

Do not give other meds containing NSAIDs at same time

Ibuprofen (Motrin or Advil)

Weight (Age)	Infant (50mg/ 1.25ml)	Child (100mg/ 5ml)	Child Chewable (50mg)
6-11 lb (0-6 mo)	DO NOT USE		
12-17 lb (6-11 mo)	1.25 ml	2.5 ml	
18-23 lb (12-23 mo)	1.87 ml	4 ml	
24-35 lb (2-3 y)	2.5 ml	5 ml	2 tabs
36-47 lb (4-5 y)	3.75 ml	7.5 ml	3 tabs

source: healthychildren.org

The Pediatrician Mom Tips:

- If possible, use weight to dose; otherwise, use age.
- **Always follow the label on the medication bottle.**
- Always talk to your pediatrician before giving your child medication.

Cetirizine (Zyrtec)

Age	Children's Syrup (5mg/ 5ml)
2 - 6 years	2.5 ml daily (If needed, dose can be increased to a maximum of 5 mL once daily or 2.5 mL every 12 hours. Do not give more than 5 mL in 24 hours)

source: Zyrtec

Acetaminophen (Tylenol)

Weight (Age)	Infant/ Child (160mg/ 5ml)	Junior Chewable (160 mg)	Child Dissolvable Packet (160 mg)
6-11 lb (0-2 mo)	DO NOT USE		
6-11 lb (2-3 mo)	1.25 ml		
12-17 lb (4-11 mo)	2.5 ml		
18-23 lb (12-23 mo)	3.75 ml		
24-35 lb (2-3 y)	5 ml	1 tab	1 packet
36-47 lb (4-5y)	7.5 ml	1.5 tab	avoid (hard to dose)

source: healthychildren.org

INFANT & CHILD Tylenol susp. are both 160mg/5ml

Can give every 4-6h as needed for fever/pain.

Do not give more than 5 doses in 24h.

Do not give other meds containing Acetaminophen at same time.

Fexofenadine (Allegra)

Age	Children's 12h liquid (30mg/ 5ml)
2 - 6 years	5ml every 12 hours (no more than 10ml in 24h)

source: Allegra

Loratadine (Claritin)

Age	Children's Syrup 24h (5mg/ 5ml)	Child Chewables 24h (5mg)
2 - 6 years	5 ml daily	1 tab daily

source: Claritin

www.thepediatricianmom.com

✂ TRIM HERE AND TAPE TO MEDICINE CABINET OR PUT IN TRAVEL KIT. I recommend laminating!

All content found on The Pediatrician Mom was created for informational purposes only and is generalized. This is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here.

DOSES FOR COMMON MEDS

(6+ years)

These doses are only for the USA

Ibuprofen (Motrin or Advil)

Weight (Age)	Child (100mg/ 5ml)	Child Chewable (50 mg)	Junior Tabs (100 mg)	Adult Tabs (200 mg)
48-59 lb (6-8 y)	10 ml	4 tabs	2 tabs	1 tab
60-71 lb (9-10 y)	12.5 ml	5 tabs	2.5 tabs	1 tab
72-95 lb (11 y)	15 ml	6 tabs	3 tabs	1.5 tabs
over 96 lb (12 y+)	20 ml	8 tabs	4 tabs	2 tabs

source: healthychildren.org

Can give every 6-8h as needed for fever/pain.
Do not give more than 4 doses in 24h.
Do not give other meds containing NSAIDS at same time

Acetaminophen (Tylenol)

Weight (Age)	Child (160mg/ 5ml)	Child Chewable (160 mg)	Child Solu pkt (160 mg)	Adult Tab (325 mg)	Adult Tabs (500 mg)
48-59 lb (6-8 y)	10 ml	2 tabs	2 packets	1 tab	
60-71 lb (9-10 y)	12.5 ml	2.5 tabs	2 packets	1 tab	
72-95 lb (11 y)	15 ml	3 tabs	3 packets	1.5 tabs	1 tab
over 96 lb (12 y+)	20 ml	4 tabs	4 packets	2 tabs	1 tab

source: healthychildren.org

Can give every 4-6h as needed for fever/pain.
Do not give more than 5 doses in 24h.
Do not give other meds containing Acetaminophen at same time.

The Pediatrician Mom Tips:

- If possible, use weight to dose; otherwise, use age.
- **Always follow the label on the medication bottle.**
- Always talk to your pediatrician before giving your child medication.

Cetirizine (Zyrtec)

Age	Children's Syrup (5mg/ 5ml)	Child Solu-tab (10 mg)	Adult Tabs (10 mg)
6 years +	5ml daily (can go up to 10ml depending on severity of symptoms)	1 solu-tab daily (a 5mg product may be more appropriate depending on symptom severity. Discuss with your pediatrician).	1 tab daily (a 5mg product may be more appropriate depending on symptom severity. Discuss with your pediatrician).

source: Zyrtec

All content found on The Pediatrician Mom was created for informational purposes only and is generalized. This is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here.

Fexofenadine (Allegra)

Age	Children's 12h liquid (30mg/ 5ml)	Child 12h Solu-tab (30 mg)
6 - 12 years	5ml every 12 hours (no more than 10ml in 24h)	1 solu-tab every 12h on an empty stomach (no more than 2 tabs in 24h)
12 yrs +	10ml every 12 hours (no more than 20ml in 24h)	2 solu-tabs every 12h on an empty stomach (no more than 4 tabs in 24h)

Source: Allegra

Loratadine (Claritin)

Age	Children's Syrup 24h (5mg/ 5ml)	Child Chewables 24h (5mg)	Redi tabs for Juniors 12h (5mg)	Redi tabs for Juniors 24h (10mg)
6 years +	10ml daily	2 tabs daily	1 tab every 12h (no more than 2 in 24h)	1 tab daily (every 24h)

source: Claritin

www.thepediatricianmom.com



TRIM HERE AND TAPE TO MEDICINE CABINET OR PUT IN TRAVEL KIT. I recommend laminating!