

# DOSAGE CHARTS

## INFANTS TYLENOL® CONCENTRATED DROPS

(for fever, teething, or pain)

\*\*\* CAN BE REPEATED EVERY 4 HOURS AS NEEDED \*\*\*

<u>Weight in Pounds</u>	<u>Dose in mL</u>
6 – 6.5	0.4 ( <i>lower line on dropper</i> )
7 – 8.5	0.5
9 – 10	0.6 ( <i>halfway between the lines</i> )
10.5 – 11.5	0.7
12 – 13	0.8 ( <i>top line on dropper</i> )
13.5 – 14	0.9
14.5 – 15.5	1.0 ( <i>can give 0.6 mL + 0.4 mL</i> )
16 – 17	1.1
17.5 – 18.5	1.2 ( <i>dropper and a half 0.8 + 0.4</i> )
19 – 20	1.3
20.5 – 21.5	1.4 (0.8 + 0.6)
22 – 23	1.5
23.5 – 24	1.6 ( <i>two dropper fulls 0.8 + 0.8</i> )

\*\*\* FOR STRONG FEVERS THAT DO NOT RESPOND WELL TO EITHER TYLENOL® OR MOTRIN®/ADVIL® ALONE, YOU CAN ALTERNATE THE TWO MEDS EVERY 3 HOURS FOR A DAY IF NEEDED, AS LONG AS YOUR CHILD IS OVER 6 MONTHS OF AGE. (For example, Tylenol® dose at 12:00 p.m., Motrin® or Advil® dose at 3:00 p.m., Tylenol® dose again at 6:00 p.m., Motrin® or Advil® dose again at 9:00 p.m., etc...) \*\*\*

**INFANTS MOTRIN® OR ADVIL® CONCENTRATED DROPS**

**(for fever, teething, or pain)**

**\*\*\* PLEASE NOTE \*\*\***

*Not To Be Given If Under 12 Pounds  
Preferable if Given After the Age of 6 Months  
Best if Not Given on an Empty Stomach*

**\*\*\* CAN BE REPEATED EVERY 6 HOURS AS NEEDED \*\*\***

<b><u>Weight in Pounds</u></b>	<b><u>Dose in mL</u></b>
12 – 13	1.25 ( <i>middle line on dropper</i> )
13.5 – 15	1.56 ( <i>halfway between 1.25 &amp; 1.875 mL</i> )
15.5 – 17	1.875 ( <i>top line on dropper</i> )
17.5 – 19	2.0
19.5 – 21	2.25
21.5 – 23	2.5 ( <i>1.25 middle line twice</i> )
23.5 – 25	2.75
25.5 – 27	3.0

**\*\*\* FOR STRONG FEVERS THAT DO NOT RESPOND WELL TO EITHER TYLENOL® OR MOTRIN®/ADVIL® ALONE, YOU CAN ALTERNATE THE TWO MEDS EVERY 3 HOURS FOR A DAY IF NEEDED, AS LONG AS YOUR CHILD IS OVER 6 MONTHS OF AGE. (For example, Tylenol® dose at 12:00 p.m., Motrin® or Advil® dose at 3:00 p.m., Tylenol® dose again at 6:00 p.m., Motrin® or Advil® dose again at 9:00 p.m., etc...) \*\*\***

## **CHILDRENS TYLENOL® SYRUP**

(for fever, teething, or pain)

**\*\*\* CAN BE REPEATED EVERY 4 HOURS AS NEEDED \*\*\***

<b><u>Weight in Pounds</u></b>	<b><u>Dose in Teaspoons</u></b>
12 – 16	½ teaspoon
17 – 22	¾ teaspoon
23 – 27	1 teaspoon
28 – 34	1 ¼ teaspoons
35 – 39	1 ½ teaspoons
40 – 45	1 ¾ teaspoons
46 – 51	2 teaspoons
52 – 57	2 ¼ teaspoons
58 – 62	2 ½ teaspoons
63 – 68	2 ¾ teaspoons
69 – 74	3 teaspoons
75 – 80	3 ¼ teaspoons
81 – 86	3 ½ teaspoons
87 – 91	3 ¾ teaspoons
92 – 97	4 teaspoons

At this point you can start giving tablets if able to swallow:

95+	2 tablets (325 mgs each)
-----	--------------------------

**\*\*\* FOR STRONG FEVERS THAT DO NOT RESPOND WELL TO EITHER TYLENOL® OR MOTRIN®/ADVIL® ALONE, YOU CAN ALTERNATE THE TWO MEDS EVERY 3 HOURS FOR A DAY IF NEEDED, AS LONG AS YOUR CHILD IS OVER 6 MONTHS OF AGE. (For example, Tylenol® dose at 12:00 p.m., Motrin® or Advil® dose at 3:00 p.m., Tylenol® dose again at 6:00 p.m., Motrin® or Advil® dose again at 9:00 p.m., etc...) \*\*\***



## **BENADRYL® SYRUP**

(for allergic reactions, itchy hives, seasonal allergies)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 6 MONTHS OF AGE  
CAN BE REPEATED EVERY 6 HOURS AS NEEDED

\* CAUTION: MAY CAUSE DROWSINESS \*

\* Maximum of 4 doses in 24 hours\*

<u>Weight in Pounds</u>	<u>Dose in mL</u>
12 – 14	2
14.5 – 16	2.5 (½ teaspoon)
16.5 – 18.5	3
19 – 21.5	3.5
22 – 24.5	4
25 – 27.5	4.5
28 – 29	5 (1 teaspoon)
29.5 – 41	5.5 – 7
42 – 44	7.5 (1 ½ teaspoons)
44.5 – 55	8 – 9.5
56	10 (2 teaspoons)
56 – 84	10 – 15 (2 – 3 teaspoons)
84 – adult	15 – 20 (3 – 4 teaspoons)

## **ZYRTEC®**

(for allergic reactions, itchy hives, seasonal allergies, sinus drip, & nasal congestion)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 6 MONTHS OF AGE  
BEST IF GIVEN BEFORE BEDTIME. ONLY GIVEN ONCE A DAY.

\* CAUTION: MAY CAUSE DROWSINESS \*

\* Maximum of 1 dose in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
6 – 12 months	½
1 – 2 years	½ - ¾
2 – 3 years	¾
3 – 4 years	1
4 – 5 years	1 – 1 ½
6 years & older	1 ½ – 2

## **ROBITUSSIN®-DM**

(for chest congestion & cough)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED

\* Maximum of 6 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 4 years	½
4 – 6 years	¾
6 – 9 years	1
9 – 12 years	1 ½
12 & older	2

## **ROBITUSSIN® - EXPECTORANT**

(for chest & thick nasal congestion)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED

\* Maximum of 6 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 4 years	½ – ¾
4 – 6 years	¾ – 1
6 – 9 years	1 – 1 ½
9 – 12 years	1 ½ – 2
12 & older	2 – 4

## **CHILDREN'S DIMETAPP® - COLD & ALLERGY**

(for nasal congestion)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED

\* Maximum of 4 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 4 years	1
4 – 6 years	1 ½
6 – 9 years	2
9 – 12 years	3
12 & older	4

## **CHILDREN'S DIMETAPP® - COLD & COUGH**

(for nasal congestion & cough)

\*\*\* PLEASE NOTE \*\*\*

NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED

\* Maximum of 4 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 4 years	1
4 – 6 years	1 ½
6 – 9 years	2
9 – 12 years	3
12 & older	4

## **TRIAMINIC®**

\* There are many great Triaminic® products over-the-counter, including chewables and thin-strips which are great for kids that are difficult to give oral medicines to. Please look for the product that matches your child's symptoms best (for example, COLD & COUGH for nasal congestion and cough). You will conveniently find the dosing for these syrups, chewables, and thin-strips on the actual bottles and boxes when you buy them. These medicines are **not** recommended for children under the age of 2 years.

## MUCINEX<sup>®</sup>

\* You will find many different Mucinex<sup>®</sup> products over-the-counter. In general, we find these to be the best tasting for young kids, and the mini-melts are great for kids that don't take syrups well. Simply mix & hide in foods/drinks. Below we will list the dosing for children's Mucinex<sup>®</sup> products. For teenagers and young adults you can use the adult Mucinex<sup>®</sup> tablets. There are different types available depending on your symptoms.

### MUCINEX<sup>®</sup> COUGH

(for chest congestion & cough)

\*\*\* PLEASE NOTE \*\*\*

*NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED*

\* Maximum of 6 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 4 years	½ – ¾
4 – 6 years	¾ – 1
6 – 9 years	1 – 1 ½
9 – 12 years	1 ½ – 2
12 & older	2 – 3

### MUCINEX<sup>®</sup> COLD

(for thin nasal congestion & chest congestion)

\*\*\* PLEASE NOTE \*\*\*

*NOT TO BE GIVEN IF UNDER 2 YEARS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED*

\* Maximum of 6 doses in 24 hours\*

<u>Age</u>	<u>Dose in teaspoons</u>
2 – 3 years	½
3 – 4 years	¾
4 – 5 years	1
5 – 6 years	1 – 1 ½
6 – 9 years	1 ½ - 2
9 – 12 years	2

## **MUCINEX<sup>®</sup> EXPECTORANT**

**(for thick chest & nasal congestion)**

**\*\*\* PLEASE NOTE \*\*\***

**NOT TO BE GIVEN IF UNDER 9 MONTHS OF AGE  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED**

**\* Maximum of 6 doses in 24 hours\***

<b><u>Age</u></b>	<b><u>Dose</u></b>
9 – 12 months	1 mL
12 – 15 months	1.25 mL
15 – 18 months	1.6 mL
18 – 24 months	2 mL
2 – 4 years	½ – ¾ teaspoons
4 – 6 years	¾ – 1 teaspoons
6 – 9 years	1 – 1 ½ teaspoons
9 – 12 years	1 ½ – 2 teaspoons
12 & older	2 – 3 teaspoons

## **MUCINEX<sup>®</sup> FULL FORCE NASAL SPRAY or MUCINEX<sup>®</sup> MOISTURE SMART NASAL SPRAY**

**(for nasal congestion)**

**\*\*\* PLEASE NOTE \*\*\***

**NOT TO BE GIVEN IF UNDER 6 YEARS OF AGE  
CAN BE REPEATED EVERY 12 HOURS AS NEEDED  
\* DO NOT USE FOR MORE THAN 3 DAYS MAXIMUM \***

**\* Maximum of 2 doses in 24 hours\***

<b><u>Age</u></b>	<b><u>Dose</u></b>
6 years & up	2 – 3 sprays per nostril twice a day

## **MUCINEX<sup>®</sup> MINI-MELTS GRAPE**

(for thick chest & nasal congestion)

\*\*\* **PLEASE NOTE** \*\*\*

*NOT TO BE GIVEN IF UNDER 12 MONTHS OF AGE  
DILUTE IN FOOD OR DRINK OR DIRECTLY ON TONGUE IF OLDER CHILD  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED*

\* **Maximum of 6 doses in 24 hours\***

<b><u>Age</u></b>	<b><u>Dose</u></b>
12 – 18 months	½ packet
18 – 24 months	¾ packet
2 years	1 packet
4 years	1 ½ packets
6 years	2 packets
9 years	3 packets
12 & older	4 packets

## **MUCINEX<sup>®</sup> MINI-MELTS BUBBLE GUM**

(for thick chest & nasal congestion)

\*\*\* **PLEASE NOTE** \*\*\*

*NOT TO BE GIVEN IF UNDER 12 MONTHS OF AGE  
DILUTE IN FOOD OR DRINK OR DIRECTLY ON TONGUE IF OLDER CHILD  
CAN BE REPEATED EVERY 4 HOURS AS NEEDED*

\* **Maximum of 6 doses in 24 hours\***

<b><u>Age</u></b>	<b><u>Dose</u></b>
12 – 18 months	¼ packet
18 – 24 months	½ packet
2 – 4 years	¾ packet
4 – 6 years	1 packet
6 – 9 years	1 – 1 ½ packets
9 – 12 years	1 ½ – 2 packets
12 & older	2 – 4 packets