

Dosing Guidelines for Common Medications

Products come in different formulations and doses. Read packages carefully to determine the specific concentration of liquids and/or the specific dose of each chewable or tablet. Always use the measuring device packaged with the medication; do not substitute another measuring device.

Fever reducing medications: Please DO NOT alternate ibuprofen and acetaminophen ~ this can easily lead to overdose!

Ibuprofen (Motrin, Advil)

Indication:

- Give for fever or pain
- Not recommended for relief of cold symptoms
- Not recommended for children under the age of 6m

Timing:

- You may give a dose of ibuprofen every 6–8 hours as needed
- Maximum doses in 24 hours: 4

Formulas:

- Concentrated Infant drops 50mg/1.25ml
- Children’s liquid 100mg/5ml
- Junior Strength Chewables 100mg each
- Adult Tablet/Capsules 200mg each

Weight Drops Liquid Chewable Adult tablet

12–17 lbs	1.25 ml	½ tsp = 2.5ml		
18–23 lbs	1.875 ml	¾ tsp = 3.75ml		
24–35 lbs	2.5ml (1.25ml x2)	1 tsp = 5 ml	1 chewable	
36–47 lbs	3.75 ml (1.875 x 2)	1 ½ tsp = 7.5ml	1 ½ chewables	
48–59 lbs		2 tsp = 10 ml	2 chewables	1 adult tab
60–71 lbs		2 ½ tsp = 12.5ml	2 ½ chewables	1 ½ adult tablet
72–95 lbs		3 tsp = 15ml	3 chewables	1 ½–2 tablets

Acetaminophen (Tylenol)

Indication:

- Fever or pain
- Not recommended for relief of cold symptoms
- Not recommended under age 2m unless doctor advised

Timing:

- You may give acetaminophen every 4–6 hours as needed
- Maximum number of doses in 24 hours: 5

Formulas:

- Children's liquid 160mg/5ml = 160mg/1 tsp
- Children's Chewables 80mg each
- Junior Chewables 160mg each

Weight Liquid 80mg Chews 160mg Chews

6–11 lbs	¼ tsp = 1.25ml		
12–17 lbs	½ tsp = 2.5 ml		
18–23 lbs	¾ tsp = 3.75 ml		
24–35 lbs	1 tsp = 5ml	2 chewables	1 chewable
36–47 lbs	1 ½ tsp = 7.5ml	3 chewables	1 ½ chewable
48–59 lbs	2 tsp = 10ml	4 chewables	2 chewables
60–71 lbs	2 ½ tsp=12.5 ml	5 chewables	2 ½ chewables
72–95 lbs	3 tsp = 15 ml	6 chewables	3 chewables

Diphenhydramine (Benadryl)

Indication:

- Hives, allergic reactions, itching or seasonal allergies
- Not recommended as a sleep aid
- Not recommended under age 6m unless doctor advised

Timing:

- You may give diphenhydramine every 6 hours as needed

Formulas:

- Children's liquid 12.5mg/5ml = 12.5mg/1 tsp
- Children's Chews 12.5 mg each

Weight	Children's liquid	Children's Chewable
10-16 lbs	½ tsp = 2.5ml	
17-21 lbs	¾ tsp = 3.75 ml	
22-32 lbs	1 tsp = 5 ml	1 chewable
33-42 lbs	1 ½ tsp = 7.5 ml	1 ½ chewables
43-53 lbs	2 tsp = 10 ml	2 chewables
54-64 lbs	2 ½ tsp = 12.5ml	2 ½ chewables
65-75 lbs	3 tsp = 15 ml	3 chewables
76-86 lbs	3 ½ tsp = 17.5ml	3 ½ chewables

Certrizine(Zyrtec)

Indication:

- Hives, itching or seasonal allergy symptoms
- Not recommended as a sleep aid or for relief of cold symptoms unless otherwise advised by doctor
- Not recommended under 6m unless doctor advised

Timing:

- You may give certrizine(Zyrtec) 1-2x daily

Formulas:

- Children's liquid 5mg/5ml = 5mg/1 tsp
- Children's Chewable 5mg OR 10mg each
- Adult tablets 5mg OR 10mg each

Age	Liquid	5mg dose	10mg dose
6-11 months	½ tsp = 2.5ml		
12-23 months	½ tsp = 2.5ml 1-2 x daily		
2-5 years	1 tsp daily	1 tablet daily	
6-11 years	1-2 tsp daily	1-2 tablets daily	1 tablet daily
12+ years	2 tsp daily	2 tablets daily	1 tablet daily