

# Dosing Chart

## 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.

### Liquid:

12.5 mg/5 ml

### Adult tablets or capsules or Quick Dissolve Strips:

25 mg each

Weight Lbs	Liquid	Chewables	Tablets/Capsules/Strips
17–21 lbs	3/4 tsp = 3.75 ml	—	—
22–32 lbs	1 tsp = 5 ml	1 chew	—
33–42 lbs	1 1/2 tsp = 7.5 ml	1 1/2 chews	—
43–53 lbs	2 tsp = 10 ml	2 chews	1 tablet
54–64 lbs	2 tsp = 10 ml	2 chews	1 tablet
65–75 lbs	2 tsp = 10 ml	2 chews	1 tablet
76–86 lbs	2 tsp = 10 ml	2 chews	1 tablet
> 86 lbs	2 tsp = 10 ml	2 chews	1 tablet

### Indication

- Give for hives, itching, or seasonal allergy symptoms.
- *Not recommended* as a sleep aid or for relief of cold symptoms.
- Not recommended under the age of 1 without consultation with a provider.

### Timing

- You may give a dose of Diphenhydramine (Benadryl) every 6 hours as needed.



# Dosing Chart

## Cetirizine (Zyrtec)



Products labeled “D” or “plus decongestant” are not recommended for children under age 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:**  
5mg/5 ml

**Children's chewables:**  
5 mg OR 10 mg each

**Adult tablets or liquid gels:**  
10 mg each

Age	Liquid	5mg Chew/Tablets	10 mg Chew/Tablets
6–12 months	2.5 ml once daily	—	—
12–23 months	2.5 ml once daily	—	—
2–5 years	5 ml once daily	1 tablet/chewable once daily	—
6–11 years	5 ml once daily, may increase to 10 ml once daily	1 tablet/chewable once daily, may increase to 2 tablets/chewables once daily	1 tablet once daily
12+ years	10 ml once daily	2 tablets once daily	1 tablet once daily

### Indication

- Give for hives, itching or seasonal allergy symptoms.
- Not recommended as a sleep aid
- Not recommended under the age of 6 months without consultation with a provider.

### Timing

- You may give a dose of cetirizine (Zyrtec) either once or twice daily, as indicated above.

