

Benadryl® (Diphenhydramine) dosing:

Every 6-8 hours as needed

Elixir/Syrup/Liquid	Weight in pounds	mg	Dose
(12.5 mg/5 mL) 5 mL = 1 tsp	13-26 lbs	6.25 mg	½ tsp
	27-40 lbs	12.5 mg	1 tsp or 1 chewable
Chewables (12.5 mg)	41-54 lbs	18.75 mg	1 ½ tsp
	55-81 lbs	25 mg	2 tsp or 2 chewable
	82-109 lbs	37.5 mg	3 tsp or 3 chewable
Adult Tablets (25 mg)	55-109 lbs	25 mg	1 tablet
	110+ lbs	50 mg	2 tablets

ALLERGY RELIEF (non-sedating) dosing:

Product	Age	Dose	Frequency
Claritin® (Loratadine)	2-5 years	5 mg (1 tsp or 1 chewable)	Once daily
	6 years and up	10 mg	Once daily
Alvert®	6 years and up	10 mg	Once daily
Zyrtec (cetirizine)	6-23 months	2.5 mg (1/2 tsp)	Once daily
	2-5 years	2.5 mg (1/2 tsp or ½ chewable)	Once daily
	6 years and up	5-10 mg (1-2 tsp or 1-2 chewables)	Once daily
Allegra (Fexofenadine)	6-23 months	15 mg (1/2 tsp)	Twice daily
	2-11 years	30 mg (1 tsp)	Twice daily
	12 years and up	60 mg (2 tsp or 1 tablet)	Twice daily