

Pediatric Drug Dosages

Metric Conversion Table It is extremely important to know how to convert teaspoons to milliliters. The following is a brief guide:
Teaspoon = tsp; milliliters = ml; tablespoon = tbsp

- 1 tsp = 5 ml = 5 cc = 1/3 tbsp
- 1/2 tsp = 2.5 ml = 2.5 cc
- 1 1/2 tsp = 7.5 ml = 7.5 cc = 1/2 tbsp
- 3 tsp = 15 ml = 1 tbsp = 1/2 ounce

Acetaminophen is the main ingredient in Tylenol and Tempra. It is used as a pain reliever and fever reducer. It should NOT be used in children under 2 months of age.

IMPORTANT WARNING Children's and infants' needs are different—and so are their medicines. Because it's more difficult to get medicine in an infant's mouth, infant medicines are more concentrated than children's—as much as three times more concentrated than children's formulas. So if you give infants' medicine to a child using anything other than the dropper that came with the product, you could risk giving too much. This can lead to permanent liver damage. Make certain that you use the appropriate medicine and the measuring dropper that came with it. ***This medication is used to relieve fever, sore throats, and minor pains.*** READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING Tylenol is a common brand name for Acetaminophen. The following products can be used every 4- 6 hours as needed:

Tylenol If possible use weight to dose; otherwise use age. Use only the dosing device provided.	Concentrated Tylenol Infants' Drops		Concentrated Tylenol Infants' Drops		Children's Tylenol Suspension	Children's Tylenol Suspension	Children's Tylenol Meltaway Tablets	Jr. Tylenol Meltaway Tablets
	Weight	Age		DYE FREE		DYE FREE		
6-11 lbs.	0-3 mos	(0.4mL)	(0.4mL)		-----	-----	-----	-----
12-17 lbs	4-11 mos	(0.8mL)	(0.8mL)		1/2 tsp	1/2 tsp	-----	-----
18-23 lbs	12-23 mos	1.2mL (0.8+0.4 mL)	1.2mL (0.8+0.4mL)		3/4 tsp	3/4 tsp	-----	-----
24-35 lbs	2-3 yrs	1.6mL (0.8+0.8 mL)	1.6mL (0.8+0.8mL)		1 Tsp or 5mL	1 Tsp or 5mL	2 Tablets	-----
36-47 lbs	4-5 yrs	-----	-----		1 1/2 Tsp or 7.5mL	1 1/2 Tsp or 7.5mL	3 Tablets	-----
48-59 lbs	6-8 yrs	-----	-----		2 Tsp or 10mL	2 Tsp or 10mL	4 Tablets	2 Tablets
60-71 lbs	9-10 yrs	-----	-----		2 1/2 Tsp or 12.5 mL	2 1/2 Tsp or 12.5 mL	5 Tablets	2 1/2 Tablets
72-95 lbs	11 yrs	-----	-----		3 Tsp or 15 mL	3 Tsp or 15 mL	6 Tablets	3 Tablets
96 lbs and over	12 yrs	-----	-----		-----	-----	-----	4 Tablets
Do Not dose more than 5 times in 24 Hours								

Do not use with any other product containing acetaminophen.

**Keep all medication out of the reach of children. Use only as directed
Always read and follow labeled directions.**

If you have questions, contact your healthcare professional.

NOTE: If possible, use weight to determine medication dose, otherwise use age. To arrive at the correct dose weigh your child before giving TYLENOL. All dosages may be repeated every 4 hours, but not more than 5 times daily. A healthcare professional should be consulted for dosing for children under the age of 2 years.

***All products may be dosed every 4 hours, if needed.**

***Infants' Tylenol Drops are more concentrated than Children's Tylenol Liquids. The Infants' Concentrated Drops have been specifically designed for use only with enclosed dropper. Do not use any other dosing device with this product. Shake well before using; fill to prescribed level and dispense liquid slowly into child's mouth, toward inner cheek. Use original bottle cap or dropper to maintain child resistance.**

***Children's Tylenol Liquids and Children's Tylenol Plus Liquids are less concentrated than Infants' Tylenol Concentrated Drops. The Children's Tylenol Liquids have been specifically designed for use with the enclosed measuring cup to dose this product. Shake well before using.**

***Children's Tylenol Meltaway Tablets are not the same concentration as Junior Strength Tylenol Meltaway Tablets; dissolve in mouth or chew before swallowing.**

***Jr. Tylenol Meltaway Tablets contain 160 mg of acetaminophen while Children's Tylenol Meltaway Tablets contain 80 mg of acetaminophen; dissolve in mouth or chew before swallowing.**

Benadryl (diphenhydramine)

This medication can be used for allergies, to dry up a runny nose, or for itching associated with hives or certain rashes.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

Benadryl usually makes children sleepy, but in about 5% of patients causes a “paradoxical” reaction and makes them hyper. Since the medicine may make your child sleepy, some people try to use a slightly lower dose during the day, with the full dose given at night.

Benadryl can be given every 6 - 8 hours as needed.

Antihistamine ONLY	Benadryl Allergy Liquid 12.5mg/5ml	Benadryl Dye-Free Allergy Liquid 12.5 mg/5ml	Benadryl Allergy Chewable 12.5mg/tab
Flavor	Cherry	Bubble Gum	Grape
Dosing Frequency	Every 4-6 hours	Every 4-6 hours	Every 4-6 hours
Under 3 months	Consult your doctor	Consult your doctor	Consult your doctor
4-11 mos. 12-17 lbs.	1/4 tsp	1/4 tsp	
12-23 mos. 18-23lbs.	1/2 tsp	1/2 tsp	1/2 tab
2-3 yrs. 24-35 lbs.	3/4 tsp	3/4 tsp	3/4 tab
4-5 yrs. 36-47 lbs.	1 tsp	1 tsp	1 tab
6-8 yrs. 48-59 lbs.	1 1/4 tsp	1 1/4 tsp	1 1/4 tab
9-10 yrs. 60-71 lbs.	1 1/2 tsp	1 1/2 tsp	1 1/2 tab
11 yrs. 71-95lbs.	1 3/4 tsp	1 3/4 tsp	1 3/4 tab
12 + yrs. 96 + lbs.	2 tsp	2 tsp	2 tabs

Ibuprofen is the active ingredient in Advil and Motrin.

Ibuprofen is used to decrease pain and swelling and to reduce fevers.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

NOTE: It should not be used in children less than 6 months old without discussing first with your practitioner. All of these products can be given every 6 - 8 hours as needed:

IMPORTANT NOTE FOR IBUPROFEN INFANT AND PEDIATRIC DROPS DOSAGE:

Note: as of February 2003, Motrin changed their dropper to a syringe that is identical to the Advil syringe. The old dropper was like the Pediacare Fever Drops - if you have the old dropper, just follow the instructions for the Pediacare drops, below. **Different dropper sizes:** Pediacare Fever Drops come with a 1.25ml (¼ tsp) dropper, whereas Motrin and Advil Infant's Drops come with a 1.875ml syringe for dosing. The amount you are giving is the same; you are just giving it in a different sized dropper.

- **Pediacare:** ½ dropper = 0.625ml, and 1 dropper = 1.25ml
- **Advil/Motrin Infant drops:** 1/3 syringe = 0.625ml, 2/3 syringe = 1.25ml, and 1 syringe = 1.875ml.

Don't let the dropper/syringe difference confuse you. The milligram amount you are giving is the same; you are just giving it in a different sized syringe. **If you're in doubt about how much to give, you can use the milligram dosage column on the left to double-check yourself.**

Weight:	Milligram Dosage	Pediacare drops 50mg/1.25ml	Advil/Motrin Drops 50mg/1.25ml	Children's liquid 100mg/5ml	Chewable Tablets 50mg each	Junior strength Caps or chews 100mg each
9-10 lbs	25mg	½ dropper (0.625)	1/3 syringe (0.625ml)	N/A	N/A	N/A
11-16 lbs	50mg	1 dropper (1.25ml)	2/3 syringe (1.25ml)	½ tsp (2.5ml)	N/A	N/A
17-21 lbs	75mg	1 ½ dropper (1.25ml + 0.625ml)	1 syringe (1.875ml)	¾ tsp (3.75ml)	N/A	N/A
22-26 lbs	100mg	2 droppers (2 x 1.25ml)	1 1/3 syringe (1.875ml + 0.625ml)	1 tsp (5ml)	2 tablets	1 tablet
27-32 lbs	125mg	2 ½ droppers (2 x 1.25ml + 0.625ml)	1 2/3 syringe (1.875ml + 0.1.25ml)	1 ¼ tsp (6.25ml)	2 ½ tablets	
33-37 lbs	150mg	3 droppers (3 x 1.25ml)	2 syringes (2 x 1.875ml)	1 ½ tsp (7.5ml)	3 tablets	1 ½ tablet
38-42 lbs	175mg	3 ½ droppers (3 x 1.25ml + 0.625ml)	2 1/3 syringes (2 x 1.875ml + 0.625ml)	1 ¾ tsp (8.75ml)	3 ½ tablets	
43-53 lbs	200mg	4 droppers (4 x 1.25ml)	2 2/3 syringes (2 x 1.875ml + 1.25ml)	2 tsp (10ml)	4 tablets	2 tablets
54-64 lbs	250mg	Use liquid or tablets	Use liquid or tablets	2 ½ tsp (12.5ml)	5 tablets	2 ½ tablets
65-75 lbs	300mg			3 tsp (15ml)	6 tablets	3 tablets
76-86 lbs	350mg			3 ½ tsp (17.5ml)	7 tablets	3 ½ tablets
87-95 lbs	400mg			4 tsp (20ml)	8 tablets	4 tablets
> 95 lbs		Give	Adult	Dose		

Triaminic

These over the counter products are commonly used for colds and allergies.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

The recommended dosage is shown below. Triaminic is given every 6-8 hours as needed.

Note: It is important to know what components you are using (antihistamine, cough suppressant, etc...) and to make sure you do not mix it with other medicines containing the same components. If you have any questions on which product to use, please contact our office.

Formulations	Active ingredients per 5 ml (1 tsp)	Under 2 yrs Under 24 lbs.	2 to 6 yrs 24 to 47 lbs.	6 to 12 yrs 48 to 95 lbs.	12 years + 96lbs. +
Cold & Allergy	Phenylpropanolamine 6.25 mg Chlorpheniramine 7.5 mg	X	X	10 ml 2 tsps.	20 ml 4 tsps.
AM	Pseudoephedrine 15 mg Dextromethorphan 7.5 mg	X	1 tsp	2 tsp	4 tsp
Night-Time	Pseudoephedrine 15mg Dextromethorphan 7.5mg Chlorpheniramine 1mg	X	X	2 tsp	4 tsp
DM	Phenylpropanolamine 6.25 mg Dextromethorphan 5mg	X	1 tsp	2 tsp	4 tsp
Sore Throat	Acetaminophen 160mg Pseudoephedrine 15mg Dextromethorphan 7.5mg	X	1 tsp	2 tsp	4 tsp
Severe Cold & Fever	Acetaminophen 160mg Pseudoephedrine 15mg Dextromethorphan 7.5mg Chlorpheniramine 1mg	X	X	2 tsp	4 tsp

Dimetapp - We do not recommend the combination medications that contain acetaminophen (a fever reducer) as these forms complicate appropriate dosing of fever medicines.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

The Elixir is a combination antihistamine and decongestant that tastes good and generally does not make children “hyper” like the decongestant Sudafed often does. Look for the Dimetapp Cold & Allergy Elixir (not the infant drops), and refer to the following dosage chart:

DIMETAPP®	Decongestant infant drops	Elixir	DM
Class	Decongestant	Decongestant Antihistamine	Decongestant Antihistamine Cough Suppressant
Active ingredients	Pseudoephedrine	Pseudoephedrine Brompheniramine	Pseudoephedrine Brompheniramine Dextromethorphan
12-17 lbs	0.8 ml	½ tsp	½ tsp
18-23 lbs	1.2 ml	¾ tsp	¾ tsp
2-6 years old	1.6 ml	1 tsp	1 tsp
6-12 years old		2 tsp	2 tsp
12 years and older		3 tsp	3 tsp

Delsym is a dextromethorphan/cough suppressant

This medication is used to suppress coughs, last 12 hours.

Stop use and ask a doctor if cough lasts more than seven days, cough comes back, or occurs with fever, rash, or headache that lasts. These could be signs of a serious condition.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

DOSING DIRECTIONS: Shake bottle well before use. Dose as follows or as directed by a doctor.

AGE (YEAR)	DOSE (1 teaspoon = 5 mL)	TOTAL DAILY VOLUME
Under 2 Years	Consult Physician	Consult Physician
2 to Under 6	1/2 teaspoonful Every 12 Hours	Not to Exceed 1 teaspoon Every 24 Hours
6 to Under 12	1 teaspoonful Every 12 Hours	Not to Exceed 2 teaspoon Every 24 Hours
12 and Older	2 teaspoonfuls Every 12 Hours	Not to Exceed 4 teaspoon Every 24 Hours

Guaifenesin is a mucous thinner and expectorant, which can be very helpful in loosening mucus and helping children cough their mucous clear from their lower respiratory tract. This is the main ingredient in a liquid form in **Robitussin Chest Congestion Guaifenesin Syrup**, or **Mucinex Liquid**, or in **Mucinex "mini-melt" form or tablets**.

Please read dosages carefully as there are different strengths in these preparations.

Note: "Mini-melts" are NOT meant to be chewed. Mini-melts are to be put on the tongue and allowed to dissolve.

Robitussin® Chest Congestion Guaifenesin Syrup, USP is the original Robitussin® expectorant formula that loosens and relieves chest congestion, to make coughs more productive.

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING

Do not use in a child under 2 years of age

Ask a doctor before use if you have

- cough that occurs with too much phlegm (mucus)
- cough that lasts or is chronic such as occurs with smoking, asthma

Stop use and ask a doctor if

- cough lasts more than 7 days
- comes back
- is accompanied by fever, rash, or persistent headache

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Robitussin® Chest Congestion Guaifenesin Syrup, USP Directions

age	dose
adults and children 12 years and over	2 - 4 teaspoons every 4 hours
children 6 years to under 12 years	1 - 2 teaspoons every 4 hours
children 2 years to under 6 years	1/2 - 1 teaspoonfuls every 4 hours
children under 2 years	do not use

DO NOT take more than 6 doses in any 24-hour period

Mucinex Products

READ ALL WARNINGS AND COMPLETE DOSING INSTRUCTIONS ON MEDICATION PACKAGING - **Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.** DO NOT use more than 6 times in any 24 hour period.

Mucinex Liquid breaks up the mucus that causes chest congestion. (Ages 2-11)

Recommended dosage for Mucinex Liquid (100 mg guaifenesin)

Children 6 years to under 12 years	1 to 2 teaspoons every 4 hours
Children 2 years to under 6 years	1/2 to 1 teaspoons every 4 hours
Children under 2 years	Do not use

Mucinex Cough Liquid is for chest congestion and coughing. The cherry-flavored Mucinex Cough combines an expectorant with a cough suppressant. Mucinex Cough breaks up the mucus that causes chest congestion and controls cough. And it's:

- Alcohol-free
- Non-drowsy formula

Recommended dosage for Mucinex Liquid Cough (100mg guaifenesin, 5mg dextromethorphan HBr)

Children 6 years to under 12 years	1 to 2 teaspoons every 4 hours
Children 2 years to under 6 years	1/2 to 1 teaspoons every 4 hours
Children under 2 years	Do not use

DO NOT use more than 6 times in any 24 hour period.

Mucinex Mini-Melts breaks up the mucus that causes chest congestion. They can help clear out excess mucus. Mini-Melts are a unique form of Mucinex designed especially for younger kids. Just empty the entire contents of the packet onto tongue and swallow.

- Breaks up the mucus that causes chest congestion
- Single-ingredient medicine, so you know exactly what your child is taking
- Non-drowsy formula
- Available in 2 strengths: Grape flavor Children's for younger kids and Bubble Gum flavor for kids

Recommended dosage for Children's Mucinex Mini-Melts (50 mg guaifenesin)

Twelve years and over	2 to 4 packets every 4 hours
Children 6 years to under 12 years	2 to 4 packets every 4 hours
Children 2 years to under 6 years	1 to 2 packets every 4 hours
Children under 2 years	Do not use