

DOSING CHARTS

**** PLEASE NOTE THAT FORMULARIES CAN CHANGE ****

INFANTS TYLENOL® SUSPENSION LIQUID

(160 mgs/5 mL)

<**Generic is called “Acetaminophen”*>

(for fever, teething, or pain)

***** PLEASE NOTE *****

***Not To Be Given Under 2 Months Of Age Unless You
Consult With The Doctor First***

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

| <u>Weight in Pounds</u> | <u>Dose in mL</u> |
|-------------------------|--|
| 6 – 6.5 | 1.25 (<i>lowest line on syringe</i>) |
| 7 – 8.5 | 1.5 |
| 9 – 10 | 1.9 |
| 10.5 – 11.5 | 2.2 |
| 12 – 13 | 2.5 (<i>middle line on syringe</i>) |
| 13.5 – 14 | 2.8 |
| 14.5 – 15.5 | 3.0 |
| 16 – 17 | 3.4 |
| 17.5 – 18.5 | 3.75 (<i>third line on syringe</i>) |
| 19 – 20 | 4.0 |
| 20.5 – 21.5 | 4.3 |
| 22 – 23 | 4.7 |
| 23.5 – 24 | 5.0 (<i>top line on syringe</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

(50 mgs/1.25 mL)

<*Generic is called "Ibuprofen">

(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 ***

| <u>Weight in Pounds</u> | <u>Dose in mL</u> |
|-------------------------|--|
| 12 – 13 | 1.25 (middle line on dropper) |
| 13.5 – 15 | 1.56 (halfway between 1.25 & 1.875 mL) |
| 15.5 – 17 | 1.875 (top line on dropper) |
| 17.5 – 19 | 2.0 |
| 19.5 – 21 | 2.25 |
| 21.5 – 23 | 2.5 (1.25 middle line twice) |
| 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

(160 mgs/5 mL)

<*Generic is called “Acetaminophen”>

(for fever, teething, or pain)

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

| <u>Weight in Pounds</u> | <u>Dose in Teaspoons</u> |
|--|---------------------------------|
| 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...) *****

CHILDRENS MOTRIN® OR ADVIL® SYRUP

(100 mgs/5 mL)

<*Generic is called "Ibuprofen">

(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 ***

| <u>Weight in Pounds</u> | <u>Dose in Teaspoons</u> |
|-------------------------|--------------------------|
| 12 – 15 | ½ teaspoon |
| 16 – 21 | ¾ teaspoon |
| 22 – 26 | 1 teaspoon |
| 27 – 31 | 1 ¼ teaspoons |
| 32 – 37 | 1 ½ teaspoons |
| 38 – 43 | 1 ¾ teaspoons |
| 44 – 48 | 2 teaspoons |
| 49 – 54 | 2 ¼ teaspoons |
| 55 – 60 | 2 ½ teaspoons |
| 61 – 65 | 2 ¾ teaspoons |
| 66 – 70 | 3 teaspoons |
| 71 – 76 | 3 ¼ teaspoons |
| 77 – 81 | 3 ½ teaspoons |
| 82 – 87 | 3 ¾ teaspoons |
| 88+ | 4 teaspoons |

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

88+ 2 tablets (200 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 (12.5 mgs/5 mL)

(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 (<i>½ teaspoon</i>) |
| 16.5 – 18.5 | 3 |
| 19 – 21.5 | 3.5 |
| 22 – 24.5 | 4 |
| 25 – 27.5 | 4.5 |
| 28 – 29 | 5 (<i>1 teaspoon</i>) |
| 29.5 – 41 | 5.5 – 7 |
| 42 – 44 | 7.5 (<i>1 ½ teaspoons</i>) |
| 44.5 – 55 | 8 – 9.5 |
| 56 | 10 (<i>2 teaspoons</i>) |
| 56 – 84 | 10 – 15 (<i>2 – 3 teaspoons</i>) |
| 84 – adult | 15 – 20 (<i>3 – 4 teaspoons</i>) |

ZYRTEC® or CLARITIN® (5 mgs/5 mL)

(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 cough & 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 – 4 years | ¼ – ½ |
| 4 – 6 years | ½ – ¾ |
| 6 – 9 years | ¾ – 1 |
| 9 – 12 years | 1 – 1 ½ |
| 12 & older | 1 ½ – 2 |

ROBITUSSIN®- EXPECTORANT (ORIGINAL)

(for mucous & thick chest/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 – 1 |
| 4 – 6 years | 1 – 1 ½ |
| 6 – 9 years | 1 ½ – 2 |
| 9 – 12 years | 2 – 3 |
| 12 & older | 3 – 4 |

ROBITUSSIN®-CF (MULTI-SYMPATOM COLD)

(for chest congestion, 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 6 doses in 24 hours*

| <u>Age</u> | <u>Dose in teaspoons</u> |
|--------------|--------------------------|
| 2 – 4 years | ¼ – ½ |
| 4 – 6 years | ½ – ¾ |
| 6 – 9 years | ¾ – 1 |
| 9 – 12 years | 1 – 1 ½ |
| 12 & older | 1 ½ – 2 |

** Please note that these printed doses for Robitussin & Mucinex are based on children that are roughly average weights for their age.*

It is also based on formularies at the time this book is printed.

*Doses for any of these meds can change if formularies/products change. **

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®

* You will find many different Mucinex® 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® products. For teenagers and young adults you can use the adult Mucinex® tablets. There are different types available depending on your symptoms.

MUCINEX® COUGH

(for cough & 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 – 4 years | ½ – 1 |
| 4 – 6 years | 1 – 1 ½ |
| 6 – 9 years | 1 ½ – 2 |
| 9 – 12 years | 2 – 3 |
| 12 & older | 3 – 4 |

MUCINEX® MULTI-SYMPTOM COLD or CONGESTION & COUGH

(for cough, 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 – 4 years | ½ – 1 |
| 4 – 6 years | 1 – 1 ½ |
| 6 – 9 years | 1 ½ – 2 |
| 9 – 12 years | 2 – 3 |
| 12 & older | 3 – 4 |

MUCINEX® CHEST CONGESTION (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*

| <u>Age</u> | <u>Dose</u> |
|----------------|-------------------|
| 9 – 12 months | 1 mL |
| 12 – 15 months | 1.25 mL |
| 15 – 18 months | 1.5 mL |
| 18 – 24 months | 2 mL |
| 2 – 4 years | ½ – 1 teaspoons |
| 4 – 6 years | 1 – 1 ½ teaspoons |
| 6 – 9 years | 1 ½ – 2 teaspoons |
| 9 – 12 years | 2 – 3 teaspoons |
| 12 & older | 3 – 4 teaspoons |

MUCINEX® MINI-MELTS CHEST CONGESTION

(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*

| <u>Age</u> | <u>Dose</u> |
|----------------|-----------------|
| 12 – 18 months | ¼ packet |
| 18 – 24 months | ½ packet |
| 2 – 4 years | ½ – 1 packet |
| 4 – 6 years | 1 – 1 ½ packets |
| 6 – 9 years | 1 ½ – 2 packets |
| 9 – 12 years | 2 – 3 packets |
| 12 & older | 3 – 4 packets |

MUCINEX® STUFFY NOSE & 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 – 4 years | ½ – 1 |
| 4 – 6 years | 1 – 1 ½ |
| 6 – 9 years | 1 ½ – 2 |
| 9 – 12 years | 2 – 3 |
| 12 & older | 3 – 4 |

MUCINEX® MINI-MELTS COUGH

(for cough & 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*

| <u>Age</u> | <u>Dose</u> |
|----------------|-----------------|
| 12 – 18 months | ¼ packet |
| 18 – 24 months | ½ packet |
| 2 – 4 years | ½ – 1 packet |
| 4 – 6 years | 1 – 1 ½ packet |
| 6 – 9 years | 1 ½ – 2 packets |
| 9 – 12 years | 2 – 3 packets |
| 12 & older | 3 – 4 packets |