

OVER-THE-COUNTER MEDICATION INFO & DOSING CHARTS

Tips for giving medicine correctly:

- Know your child's weight. Many childrens' medicines are dosed by weight. The dose will change as your child grows.
- Read the package instructions carefully. Not all medicines should be given at the same hourly intervals or in the same amount. Follow the package instructions and give the full amount of the medicine that is labeled for your child.
- Always use the dropper, dosage cup or other measuring device that comes with the medicine.
- Don't give medicine to a baby who is lying down; this could cause choking.
- Write down the time and amount of each dose given.

Recommended Over-the-Counter Medications

Tylenol (acetaminophen) – used for fever or pain

Motrin/Advil (ibuprofen) – used for fever, pain, inflammation

Sudafed – used for nasal congestion*

Benadryl – used for congestion, allergic reactions. Side effects may include sleepiness

Delsym – to suppress night time coughs only, so child can sleep

* You may have to ask the pharmacist for this, as it may be kept behind the counter.

How to alternate medications:

For fevers 103 or greater (especially if your child is not drinking well), or severe pain, it is reasonable to alternate Ibuprofen and Tylenol every 3 hours. **DO NOT DO THIS FOR MORE THAN 24 HRS.**

Example: 8 am – Tylenol (full dose for age)
11 am – Ibuprofen (full dose for age)
2 pm – Tylenol " "
5 pm – Ibuprofen " "

- - - - SEE NEXT 2 PAGES FOR DOSING INSTRUCTIONS - - - -

TYLENOL (acetaminophen)

- DO NOT GIVE ACETAMINOPHEN TO BABIES UNDER 3 MONTHS OLD without calling your doctor first.
- ALWAYS READ LABEL FIRST, since different medications have different concentrations.
- ALWAYS USE MEASURING DEVICE (dropper, syringe or measuring cup) that comes with the medication or you could risk overdosing. Never use droppers from different medications or spoons from the kitchen.

Take every 4 hours as needed		*Infant's Suspension 160 mg per 5 mL	Children's Liquid 160mg/tsp	Soft chews And Chewable tablets 80mg/each	Junior Chewable Tablets 160mg/tab	Fever-all Suppository 120,325 & 650 mg	Adult 325 mg
Dose by Weight	Age	Syringe	Teaspoon	Tablet	Tablet	Suppository	Tablet
6-11 lbs	0-3mos	1/4syringe (1.25 ml)				1/3 of 120 mg	
12-17lbs	4-11 mos	1/2 syringe (2.5mL)	1/2 tsp.			2/3 of 120 mg	
18-23lbs	12-23 mos	3/4 syringe (3.75 ml)	3/4 tsp.			120 mg	
24-35lbs	2-3 years	1 syringe (5 mL)	1 tsp.	2 tablets		1-1/2 120 mg 1/2 325 mg	
36-47lbs	4-5 years		1 -1/2 tsp.	3 tablets	1 1/2 tablets	3/4 325 mg	
48-59lbs	6-8 years		2 tsp.	4 tablets	2 tablets	325 mg	1 tablet
60-71lbs	9-10 years		2 1/2 tsp.	5 tablets	2 1/2 tablets	3/4 650 mg	
72-95lbs	11 years		3 tsp.	6 tablets	3 tablets	3/4 650 mg	
96-119lbs	12 years				4 tablets	650 mg	2 tablets
120lbs							2 tablets
150lbs							3 tablets

* 1 tsp. = 5 ml

MOTRIN/ADVIL (ibuprofen)

Take every 6-8 hours as needed		Infant's Drops 50mg/1.25	Children's Liquid 100mg/tsp	Chewable tablets 50mg	Junior Chewable 100mg/tab	Junior Caplets 100mg	Advil 200mg
Dose by Weight	Age	Dropper	Teaspoon	Tablet	Tablet	Caplet	Caplet
12-17lbs	6-11 mos	1 (1.25ml)					
18-23lbs	12-23 mos	1 -1/2 (1.875ml)	3/4 tsp.				
24-35lbs	2-3 years	2 (2.5 ml)	1 tsp.	2 tablets	1 tablet		
36-47lbs	4-5 years		1-1/2 tsp.	3 tablets	1-1/2 tablets	1-1/2 caplets	
48-59lbs	6-8 years		2 tsp.	4 tablets	2 tablets	2 caplets	1 caplet
60-71lbs	9-10 years		2 -1/2 tsp.	5 tablets	2 -1/2 tablets	2-1/2 caplets	1 caplet
72-95lbs	11 years		3 tsp.	6 tablets	3 tablets	3 caplets	1 caplet
96-119lbs	12 years				4 tablets	4 caplets	2 caplets
121-150lbs							3 caplets

MOTRIN/ADVIL & TYLENOL

SUDAFED

Adults and Children 12 years and over

SUDAFED	Sudafed Non-Drying Sinus	Sudafed Nasal Decongestant	Sudafed 12 hour	Sudafed 24 hour
Active ingredients	Pseudoephedrine HCL 30 mg and Guaifenesin 200 mg	Pseudoephedrine HCL 30 mg	Pseudoephedrine HCL 120 mg	Pseudoephedrine HCL 240 mg
Method	2 liquid caps	2 tablets	1 tablet	1 tablet
Take as needed	Every 4 hours	Every 4 - 6 hours	Every 12 hours	Every 24 hours
Note	Not to exceed 8 liquid caps in 24 hours	Not to exceed 4 doses in 24 hours	Not to exceed 2 tablets in 24 hours	Not to exceed 1 tablet in 24 hours

BENADRYL (Can be given every 6 hours)

CHILD'S WEIGHT IN POUNDS

BENADRYL	10-20 lbs	21-30 lbs	31-40 lbs	41-50 lbs	51-60 lbs	61-70 lbs	71-80 lbs	81-90 lbs	91-100 lbs	Over 100 lbs
Liquid 12.5 mg/5ml (1 tsp)	1/2 tsp	1 tsp	1 -1/2 tsp	1-3/4 tsp	2 tsp	2-1/2 tsp	3 tsp	3-1/2 tsp	3-3/4 tsp	4 tsp
Chewable 12.5 mg each	_____	1 tab	1-1/2 tab	1-1/2 tab	2 tab	2-1/2 tab	3 tab	3-1/2 tab	3-1/2 tab	4 tab
Capsule 25 mg each	_____	_____	_____	1 capsule	1 capsule	1 capsule	1 capsule	1 capsule	2 capsules	2 capsules

DELSYM

(Cough suppressant recommended only for night-time to relieve cough so child can sleep. (Coughs should NOT be suppressed during the day.)

AGE	DOSAGE
1 to 2 years	1/4 tsp.
2 to 6 years	1/2 tsp.
6-12 years	1 tsp.
> 12 years	2 tsps.

SUDAFED – BENADRYL - DELSYM