



## Antihistamine dosing sheet

### **Diphenhydramine (Benadryl) dosing:**

Use with caution under 2 yrs; it may cause sedation.

Dosing is every 6 hrs as needed.

<u>Weight</u>	<u>12.5mg/5ml</u>	<u>12.5mg chew</u>	<u>25mg tab</u>
8-9 lb	1.25ml		
10-11lb	2ml		
12-16lb	2.5ml		
17-21lb	3.75ml		
22-25lb	4ml		
26-37lb	5ml	1 chew	
38-49lb	7.5ml	1 and ½ chew	
50-99lb	10ml	2 chews	1 tab
100lb+	20ml	4 chews	2 tab

**Cetirizine (Zyrtec) dosing:**

Dosing is one daily.

<u>Age</u>	<u>liquid 5mg/5ml</u>	<u>5mg chew</u>	<u>10mg tab</u>
2-6yrs	2.5		
6-12yrs	5ml	1 tab	
12yrs+	10ml	2 tabs	1 tab

**Loratadine (Claritin) dosing:**

Dosing is once daily.

<u>Age</u>	<u>liquid 5mg/5ml</u>	<u>5mg chew</u>	<u>10mg tab</u>
2-6yrs	2.5ml		
6-12yrs	5ml	1 tab	
12yrs+	10ml	2 tab	1 tab

**Fexofenadine (Allegra) dosing:**

Dosing is twice daily except for the 180mg dose (once daily).

<u>Age</u>	<u>liquid 30mg/5ml</u>	<u>30mg tab</u>	<u>60mg tab</u>	<u>180mg tab</u>
6mo-2yr	2.5ml(for hives only)			
2-6yrs	5ml			
6-11yrs	5ml	1 tab		
12yrs+	10ml	2 tab	1 tab	1 tab (once)