

Over-The-Counter Medications

Dosage Recommendations

Conversion

1tsp = 5 cc = 5 ml (Milligrams are not the same as milliliters) Milliliter is the volume of fluid (i.e. teaspoon (tsp). Milligram is the amount of medicine (active ingredient) in the fluid.

Tylenol (acetaminophen) and Advil (ibuprofen) dosing is based on weight; we recommend getting one concentration and adjusting the milliliters for your child/infants weight.

The most common concentration for Tylenol is now 160mg per 5ml. See the chart below for the correct dosage for your child using their weight.

Fever & Discomfort

Weight	6-10#	11-17#	18-22#	23-34#	35-47#	48-59#	60-71#	72-95#	>95#
Acetaminophen (Tylenol) Concentration (160 mg /5ml)	40mg (1.25ml)	80mg (2.5ml)	120mg (3.75ml)	160mg (5ml)	240mg (7.5ml)	320mg (10ml)	400mg (12.5ml)	560mg	720mg
Ibuprofen (Advil, Motrin)		50mg	75mg	100mg	150mg	200mg	250mg	300mg	400mg
Ibuprofen Concentration (50mg/1.25ml)		50mg (1.25 ml)	75mg (1.875ml)	100mg (2.5ml)					
Ibuprofen Concentration (100mg/ 5ml)		50mg (2.5ml)	75mg (3.75ml)	100mg (5ml)	150mg (7.5 ml)	200mg (10ml)	250mg (12.5ml)	300mg	400mg

Tylenol (every 4 hours); Ibuprofen (Motrin/Advil) (every 6 hours and only after 6 months of age)

A Fever is defined as a temperature greater or equal to 100.4 degrees. Fevers alone are not dangerous. Fever may be caused by an infection as simple as a cold, or may be caused by viruses or bacteria. A child's appearance is more important than the temperature. Care includes giving your child plenty of fluids and dressing him/her in lightweight clothes. A rectal temperature is considered most accurate and the only dependable way to take a temperature in an infant less than 6 months old. An "ear scan" thermometer is convenient (and used often in our office), but not completely accurate; it should be used as a screening device only. An oral thermometer is accurate if the child keeps his/her mouth closed.

Antihistamine for Allergies

Weight	12-17#	18-23#	24-35#	35-47#	48-59#	60-95#	>95#	How often
Diphenhydramine (Benadryl) Concentration (12.5mg/5ml)	6.25mg (2.5ml)	9.375mg (3.75ml)	12.5mg (5ml)	18.75mg (7.5ml)	25mg (10ml)	37.5mg (15ml)	50mg (20ml)	6 hours

Benadryl may also be used for allergies, itchy rashes, hives, cough, and motion sickness

Age	2-6yrs	>6yrs	How often
Loratadine (Claritin) Concentration 1mg/1ml	5mg (5ml)	10mg (10ml)	Once Daily