



## Antihistamines

Below are 3 over the counter oral options for relieving congestion, allergic rhinitis, sneezing, itchy/watery eyes, itchy nose/throat, and hives.

### Zyrtec (Cetirizine)

Give once a day as needed. Do not exceed these values.

Age	Capsule/Tablet (10 mg)	Tablet (5mg)	CHEWABLE (5mg or 10mg)	SOL (1 mg per mL)
6-11 mo				2.5ml
12-23 mo				2.5ml
2-5 yo				2.5ml
6 yo and older	10 mg	5-10 mg (1-2 tabs)	5-10 mg (1-2 tabs)	10mg

[6-11 mo] Dose: 2.5 mg PO qd prn; Max: 2.5 mg/day

[12-23 mo] Dose: 2.5 mg PO qd-bid prn; Start: 2.5 mg PO qd; Max: 5 mg/day

[2-5 yo] Dose: 2.5 mg PO qd prn, may incr. to 5 mg/day divided qd-bid prn; Start: 2.5 mg PO qd; Max: 5 mg/day

[6 yo and older] Dose: 5-10 mg PO qd prn; Max: 10 mg/day

### Allegra Fexofenadine Maximum Dosage Chart

Give every 12 hours as needed. Do not exceed these values. Do NOT give with fruit juice, give on an empty stomach.

Age in years	Oral Suspension	30 mg Oral Dissolvable Tablet
2-6	5mL	
6-11	5mL	1 tablet
12+	10mL	2 tablets

[ 2-11 yo (oral suspension) ] Max: 10 mL/24h

[ 6-11 yo (oral dissolvable tablet) ] Max: 2 tabs/24h

[ 12 yo and older (orally disintegrating tablet) ] Max: 4 tabs/24h

[ 12 yo and older (oral suspension) ] Dose: 10 mL PO q12h prn; Max: 20 mL/24h



## Benadryl (diphenhydramine HCl) Maximum Dosage Chart

Give every 4-6 hours as needed. DO not exceed these values.

Weight in pounds	Elixir (12.5mg / 5ml)	FastMelt Chewable (12.5mg tablets)	Tabs/Caps & Quick Dissolve Strips (25mg tablets or strips)	Weight (kg)
8-9 * *(CONSULT YOUR MD)	1.25 ml (1/4 tsp)* *(CONSULT YOUR MD)			4
10-11 * *(CONSULT YOUR MD)	2ml * *(CONSULT YOUR MD)			5
12-16	2.5 ml (1/2 tsp)			6-7
17-21	3.75 ml			8-9
22-25	4.25 ml			10-11
26-33	5 ml (1 tsp)	1 FastMelt		12-14
33-39	6 ml	1 FastMelt		15-17
40-45	7 ml (1.5 tsp)	1.5 FastMelt		18-20
46-52	9 ml	1.5 FastMelt		21-23
53-58	10 ml (2 tsp)	2 FastMelt	1 tab/cap/strip	24-26
59-65	11 ml	2 FastMelt	1 tab/cap/strip	27-29
66-72	12 ml (2 .5 tsp)	2.5 FastMelt	1.5 tabs/caps/strip	30-32
73-80	14 ml	2.5 FastMelt	1.5 tabs/caps/strips	33-36
81-88	15 ml (3 tsp)	3 FastMelt	1.5 tabs/caps/strips	37-40
89-99	17 ml	3 FastMelt	2 tabs/caps/strips	41-44
100-109	18 ml	4 FastMelt	2 tabs/caps/strips	45-49
≥ 110	20 ml (4 tsp)	4 FastMelt	2 tabs/caps/strips	≥ 50