

Over-The-Counter Medication Dosages

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Acetaminophen (Tylenol)

Acetaminophen may be taken for pain relief or fever control. **(Fever is one of the ways our body protects itself against infections. When we have an infection in any part of the body, we produce more heat (fever). With more heat, our body's defenses can kill germs better. So the fever is not our enemy but our friend, and it is helping the body fight the germs.)** Acetaminophen is safer than aspirin. Aspirin should not be used in children less than 12 years of age. Some brand names of acetaminophen are: Tylenol, Panadol, Datriol, Anacin 3, Tempre, and Liquiprin. The following are **maximum recommended dosages**:

AGE	DOSE	DROPS (100 mg/ml)	ELIXIR (160 mg/tsp)	CHEWABLE (80 mg)
0 - 3 months	40 mg	0.4 ml		
4 - 11 months	80 mg	0.8 ml	½ tsp	1 tablet
1 year	120 mg	1 ½ dropper	¾ tsp	1 ½ tablet
2 - 3 years	160 mg	2 droppers	1 tsp	2 tablets
4 - 5 years	240 mg		1 ½ tsp	3 tablets
6 - 10 years	320 mg		2 tsp	4 tablets
11 - 14 years	680 mg		3 - 4 tsp	5 - 6 tablets
Adult	650 to 1000 mg			

Suppositories are available in 120 mg and 325 mg strength

Ibuprofen (Motrin/Advil)

Ibuprofen can be given every six to eight hours for a total of four daily doses. Not recommended for children < 6 months old. The following are **maximum recommended dosages**:

AGE	Weight		Temperature <102.5 F (5 mg/kg)	Temperature >102.5 F (10 mg/kg)
	Pounds (lbs)	Kilograms (kgs)		
6 - 11 months	13 - 17 lbs	6 - 7.9 kgs	¼ tsp (25 mg)	½ tsp (50 mg)
12 - 23 months	18 - 23 lbs	8 - 10.9 kgs	½ tsp (50 mg)	1 tsp (100 mg)
2 - 3 years	24 - 35 lbs	11 - 15.9 kgs	¾ tsp (75 mg)	1 ½ tsp (150 mg)
4 - 5 years	36 - 47 lbs	16 - 21.9 kgs	1 tsp (100 mg)	2 tsp (200 mg)
6 - 8 years	48 - 59 lbs	22 - 26.9 kgs	1 ¼ tsp (125 mg)	2 ½ tsp (250 mg)
9 - 10 years	60 - 71 lbs	27 - 31.9 kgs	1 ½ tsp (150 mg)	3 tsp (300 mg)
11 - 12 years	72 - 95 lbs	32 - 43.9 kgs	2 tsp (200 mg)	4 tsp (400 mg)

Antihistamine/Decongestants

These medications can be used to help relieve congestion and runny noses associated with colds and viral upper respiratory infections. Most preparations are recommended to be used three to four times per day. The use of antihistamines and decongestants is **not** recommended in children < 6 months of age. The use of combination cold medications such as Tylenol Cold is discouraged.

AGE	<u>Decongestants</u>	<u>Antihistamines</u>	
	Sudafed (30 mg/tsp) (pseudoephedrine)	Chlorpheniramine (2 mg/tsp)	Benadryl Elixir (12.5 mg/tsp) (diphenhydramine)
6 – 9 months		¼ tsp	½ tsp
9 – 12 months	¼ tsp	¼ tsp	¾ tsp
12 – 18 months	1/3 tsp	½ tsp	1 tsp
18 – 24 months	1/3 tsp	¾ tsp	1 ¼ tsp
2 – 4 years	½ tsp	1 tsp	1 ½ tsp
4 – 6 years	2/3 tsp	1 tsp	1 ¾ tsp
6 – 12 years	1 tsp	2 tsp	2 tsp

Miscellaneous Medications

AGE	<u>Robitussin DM</u> (cough medication)	Mylicon Drops (simethicone) (40 mg/0.6 ml) (anti-gas medication)
6 – 12 months	1 ml up to 4 times/day	½ dropper prior to meals
1 – 2 years	¼ tsp up to 4 times/day	
2 – 4 years	½ tsp up to 4 times/day	Maximum dose of 12 doses per day
4 – 6 years	¾ tsp up to 4 times/day	
6 – 12 years	1 tsp up to 4 times/day	