



Over the Counter Medications

Nasal Saline spray

Simply Saline by Arm & Hammer, or Little Noses Saline Spray

- 1-2 sprays in each nostril
- Suction with Nose Frida, also consider cool mist humidifier or steam shower

Mucinex

Stuffy Nose and Cold or Rescon GG

2-4 yrs.	2.5 mL every 4-6 hrs.
4-6 yrs.	5 mL every 4 hrs.
6-12 yrs.	10 mL every 4 hrs.

Cough

2-4 yrs.	1.25-2.5 mL every 4-6 hrs.
4-6 yrs.	2.5-5 mL every 4 hrs.
6-12 yrs.	5-10 mL every 4 hrs.

Multi-Symptom Cold or Cough and Congestion

2-4 yrs.	2.5 mL every 4-6 hrs.
4-6 yrs.	5 mL every 4 hrs.
6-12 yrs.	10 mL every 4 hrs.

Chest Congestion Mini-Melts or Cough Mini-Melts

4-6 yrs.	1 packet every 4 hrs.
6-12 yrs.	1-2 packets every 4 hrs.
>12 yrs.	2-4 packets every 4 hrs.

Children's Sudafed Nasal Decongestant

2-5 yrs.	5 mL every 4-6 hrs.
6-11 yrs.	10 mL every 4-6 hrs.

Children's Zyrtec (cetirizine)

6mo-2yrs.	2.5 mL once daily
2-5 yrs.	5 mL once daily
>5yrs.	10 mL once daily

Flonase

Children's Flonase Sensimist

2-11 yrs.	1 spray in each nostril daily
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Children's Flonase or Flonase

4+yrs	1 spray in each nostril daily
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Little Noses Decongestant Nose Drops

6mo-2yrs.	1-2 drops every 6-8 hrs.
2-6 yrs.	2-3 drops every 6-8 hrs.

DO NOT USE MORE THAN 3-4 DAYS CONSECUTIVELY

Benadryl Dosing

Every 6 hours as needed

Weight (pounds)	Elixir (12.5 mg/5mL)
8-9	1.25 mL (¼ tsp)
10-11	2 mL
12-16	2.5 mL (½ tsp)
17-21	3.75 mL (¾ tsp)
22-25	4 mL
26-33	5mL (1 tsp)
33-39	6 mL
40-45	7 mL (1 ½ tsp)
46-52	9 mL
53-58	10 mL (2 tsp)
59-65	11 mL
66-72	12 mL (2 ½ tsp)
73-80	14 mL

FeverAll (Acetaminophen Suppository)

80mg

6-11 mo.	1 supp every 6hrs.
12-36 mo.	1 supp every 4-6hrs.

120mg

3-6 yrs.	1 supp every 4-6hrs.
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Max: 5 suppositories in 24 hrs.

Weight	Dose
11-13 lbs.	80 mg every 6 hrs.
14-17 lbs.	80 mg every 4 hrs.
18-22 lbs.	120 mg every 4-6 hrs.

Children under 2, per the FDA, or children under 6, per the AAP, should not be given cold and cough medications due to potential side effects, such as increased heart rate or convulsions. Some parents also report behavior problems and irritability. Therefore, these medications are not recommended for children under the age of 2 yrs., and caution is advised when giving them to children older than 2 years.