

Dosing guidelines for Gruene Lake Medical

Products labeled "D" or "plus decongestant" are not recommended for children under the age of 6 as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packages with the liquid medication.

REMINDER: 1 tsp = 5 ml
ml = cc

Claritin (Loratidine)

Given for: hives or allergy symptoms

Timing: You may give a dose of Loratidine once daily

Age	Liquid	5mg chewable	10mg chewable
2-5 years	1 tsp	1 daily	
6 years & up	2 tsp	2 daily	1 daily

Zyrtec (Cetirizine)

Given for: hives or allergy symptoms

Timing: You may give a dose of Cetirizine once daily

Age	Liquid	10 mg chewable	10mg tablet/capsule
6-12 months	$\frac{1}{2}$ tsp = 2.5ml		
1-2 years	$\frac{1}{2}$ - $\frac{3}{4}$ tsp		
2-3 years	1 tsp		
3-4 years	1 tsp		
4-5 years	1 - 1 $\frac{1}{2}$ tsp	$\frac{1}{2}$ daily (5mgs)	
6-11 years	1 $\frac{1}{2}$ - 2 tsp	1 daily	1 daily

Benadryl (Diphenhydramine HCL)

Given for: hives, allergic reaction, itching, or allergy symptoms

Timing: You may give a dose of Diphenhydramine every 6 hours as needed

Weight (pounds)	Elixir 12.5 mgs/5ml	Fast melt chewable 12.5mgs	Tablets/capsules 25 mgs
8-9	1.25 ml (1/4 tsp)		
10-11	2ml		
12-16	2.5 ml (1/2 tsp)		
17-21	3.75 ml (3/4 tsp)		
22-25	4 ml		
26-33	5 ml (1 tsp)	1 chewable	
33-39	6 ml	1 chewable	
40-45	7 ml	1 $\frac{1}{2}$ chewable	
46-52	9 ml	1 $\frac{1}{2}$ chewable	
53-58	10 ml (2 tsp)	2 chewables	1 tablet/capsule
59-65	11 ml	2 chewables	1 tablet/capsule
66-72	12 ml (2 $\frac{1}{2}$ tsp)	2 $\frac{1}{2}$ chewables	1 $\frac{1}{2}$ tablet/capsule
73-80	14 ml	2 $\frac{1}{2}$ chewables	1 $\frac{1}{2}$ tablet/capsule
81-88	15 ml (3 tsp)	3 chewables	1 $\frac{1}{2}$ tablet/capsule
89-99	17 ml	3 chewables	2 tablets/capsules
100-109	18 ml	3 chewables	2 tablets/capsules
>110	20 ml (4tsp)	4 chewables	2 tablets/capsules

Dosing for Cold and cough Medications

Robitussin - DM (for chest congestion & cough)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-4 years	½ tsp
4-6 years	¾ tsp
6-9 years	1 tsp
9-12 years	1 ½ tsp
12 years & up	2 tsp

Robitussin - Expectorant (for chest congestion, cough & thick nasal congestion)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-4 years	½ - ¾ tsp
4-6 years	¾ - 1 tsp
6-9 years	1 - 1 ½ tsp
9-12 years	1 ½ - 2 tsp
12 years & up	2 - 4 tsp

Children's Dimetapp - Cold & Allergy (for nasal congestion)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-4 years	1 tsp
4-6 years	1 ½ tsp
6-9 years	2 tsp
9-12 years	3 tsp
12 years & up	4 tsp

Children's Dimetapp - Cold & Cough (for cough & thick nasal congestion)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-4 years	1 tsp
4-6 years	1 ½ tsp
6-9 years	2 tsp
9-12 years	3 tsp
12 years & up	4 tsp

Delsym (for cough)

NOT TO BE GIVEN UNDER THE AGE OF 4

Can be repeated every 6 hours as needed ****Not to exceed 2 doses in 24 hours****

Age	Doses in tsps.
4-6 years	2.5 ml
6-12 years	5 ml
12 years & up	10 ml

Mucinex Products

You will find many Mucinex products over the counter. We find that these tend to be the best tasting for younger children and the mini melts are great for kids that do not take liquid medication well. You can simply mix and hide this in foods or drinks as it dissolves easily. Older children can simply dissolve this on their tongues.

Mucinex - Mini Melts (for thick nasal congestion)

NOT TO BE GIVEN UNDER THE AGE OF 1 YEAR

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
12-18 months	$\frac{1}{4}$ packet
18-24 months	$\frac{1}{2}$ packet
2-4 years	$\frac{3}{4}$ packet
4-6 years	1 packet
6-9 years	1 - $1\frac{1}{2}$ packet
9-12 years	$1\frac{1}{2}$ - 2 packets
12 years & up	2 - 4 packets

Mucinex - Cough (for cough & chest congestion)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-4 years	$\frac{1}{2}$ - $\frac{3}{4}$ tsp
4-6 years	$\frac{3}{4}$ - 1 tsp
6-9 years	1 - $1\frac{1}{2}$ tsp
9-12 years	$1\frac{1}{2}$ - 2 tsp
12 years & up	2 - 3 tsp

Mucinex - Cold (for nasal & chest congestion)

NOT TO BE GIVEN UNDER THE AGE OF 2

Can be repeated every 4 hours as needed ****Not to exceed 6 doses in 24 hours****

Age	Doses in tsps.
2-3 years	$\frac{1}{2}$ tsp
3-4 years	$\frac{3}{4}$ tsp
4-5 years	1 tsp
5-6 years	1 - $1\frac{1}{2}$ tsp
6-9 years	$1\frac{1}{2}$ - 2 tsp
12 years & up	2 tsp

REMINDER: If your child has a cough that includes fever, trouble catching their breath, rash, and/or vomiting they will need to be seen for provider evaluation. If your child has a persistent cough that is not getting any better after being on breathing treatments or antibiotics, then he/she will have to have their lungs listened to by a provider. Please contact our office @ 830-627-2700.