

Diphenhydramine Dosage Sheet

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- BRAND NAMES: Benadryl

INDICATIONS: Treatment of allergic reactions, nasal allergies, hives and itching.

FREQUENCY: Repeat every 6 hours as needed. Don't give more than 4 times a day.

DOSAGE: Determine by using the table below.

Please speak with a medical provider before giving Diphenhydramine to a child under 1 year old.				
Child's Weight (lb)	Dose in mg	Children's Liquid (12.5mg/ 5mL)	Chewable/Fastmelts 12.5mg tablets	Tab/Caps/Gels 25mg tablets
*12-16 lbs	6.25 mg	2.5 mL		
*17-19 lbs	9.375 mg	3.75 mL		
*20-24 lbs	10 mg	4 mL		
25-37 lbs	12.5 mg	5 mL	1 tab	
38-49 lbs	18.75 mg	7.5 mL	1.5 tabs	
50-69 lbs	25 mg	10 mL	2 tabs	1 tab
70-99 lbs	37.5 mg	15 mL	3 tabs	1.5 tabs
>100 lbs	50 mg	20 mL	4 tabs	2 tabs

Table Notes:

- *AGE LIMIT: For allergies, don't use under 1 year of age (Reason: it's a sedative). For colds, not recommended at any age (Reason: no proven benefits) and should be avoided if under 4 years old. Avoid multi-ingredient products in children under 6 years of age (Reason: FDA recommendations 10/2008).
- MEASURING the DOSAGE: Syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medicine. If not, medicine syringes are available at pharmacies. Regular spoons are not reliable.
- ADULT DOSAGE: 50 mg

Why use Diphenhydramine? Antihistamines can be used to treat your child's runny nose, itchy eyes, and sneezing due to allergies. They can also help reduce itching from insect bites and other rashes including hives and eczema.

What is best to use for a child with symptoms from indoor or outdoor allergies every day? There are "new-generation" antihistamines that do not cause drowsiness; some need a prescription, while others are available over the counter. New-generation antihistamines have the convenience of once-a-day dosing, which makes it easy for children to use them daily. Antihistamine nasal sprays are also available for seasonal allergy symptoms. These work locally in the nose to reduce symptoms. Your medical provider can help you determine whether these non-sedating antihistamines are appropriate for your child.