

**PEDIATRIC DOSING CHARTS**

FIFTH AVENUE PEDIATRICS, P.A.

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**TYLENOL (ACETAMINOPHEN) DOSING**

EVERY 4 HOURS		Infant Tylenol 160mg/5mL	Children's Tylenol 160mg/5mL	Children's Tylenol chewables 160 mg
WEIGHT	AGE			
6-11 lbs	0-3 months	1.25 mL		
12-17 lbs	4-11 months	2.5 mL	½ tsp (2.5 mL)	
18-23 lbs	12-23 months	3.75 mL	¾ tsp	
24-35 lbs	2-3 years	5 mL	1 tsp (5 mL)	1
36-47 lbs	4-5 years		1 ½ tsp (7.5 mL)	1 ½
48-59 lbs	6-8 years		2 tsp (10 mL)	2
60-71 lbs	9-10 years		2 ½ tsp (12.5 mL)	2 ½
72-95 lbs	11 years		3 tsp (15 mL)	3
96+ lbs	12 years		4 tsp (20 mL)	4

**MOTRIN/ADVIL (IBUPROFEN) DOSING**

EVERY 6-8 HOURS		Infant Motrin/Advil 50mg/1.25mL	Children's Motrin/Advil 100mg/5mL	Junior Strength Advil Chewables 100 mg	Junior Strength Advil Tablets 100 mg
WEIGHT	AGE				
<b>*****DO NOT USE IBUPROFEN BEFORE 6 MONTHS OF AGE*****</b>					
12-17 lbs	6-11 months	1.25 mL			
18-23 lbs	12-23 months	1.875 mL			
24-35 lbs	2-3 years		1 tsp (5 mL)		
36-47 lbs	4-5 years		1 ½ tsp (7.5 mL)		
48-59 lbs	6-8 years		2 tsp (10 mL)	2	2
60-71 lbs	9-10 years		2 ½ tsp (12.5 mL)	2 ½	2
72-95 lbs	11 years		3 tsp (15 mL)	3	3

You can alternate acetaminophen and ibuprofen every 3-4 hours. Make sure there are 4 hours between acetaminophen doses and 6 hours between ibuprofen doses. Fever and pain may respond better to this kind of dosing.

**BENADRYL (DIPHENHYDRAMINE) DOSING**

EVERY 6-8 HOURS	
WEIGHT	Benadryl 12.5mg/5mL
10-20 lbs	½ tsp (2.5 mL)
20-30 lbs	1 tsp (5 mL)
30-40 lbs	1 ½ tsp (7.5 mL)
40-50 lbs	2 tsp (10 mL)
50-90 lbs	2 tsp (10 mL)

**ZYRTEC (CETIRIZINE) AND CLARITIN (LORATADINE) DOSING****ZYRTEC AGES 6 MONTHS+, CLARITIN 2 YRS+**

EVERY 24 HOURS	
WEIGHT	Children's cetirizine or loratadine (5mg/5mL)
20 lbs	½ tsp (2.5 mL)
30 lbs	¾ tsp
40 lbs	1 tsp (5 mL)
60 lbs	1 ½ tsp (7.5 mL)
80+ lbs	2 tsp (10 mL), or one 10 mg tab

**SUNSCREEN RECOMMENDATIONS:**

At least SPF 30

Important active ingredient is Zinc Oxide

Recommended brands: Blue Lizard, Coppertone Sport, No-Ad, Neutrogena

Use rash guard and hat, especially for infants

**Insect repellent:**

- Sawyer Premium Insect Repellent with 20% picaridin - safe for babies of all ages
- Ben's 30% Deet – not for babies less than 2 months of age
- Deep Woods OFF with Deet if above not available – check product for ages of use