

Dyphenhydramine (Benadryl) Dosing Chart

Give every 6-8 hours as needed but no more than four (4) times per day unless directed your child's physician.

Weight	Liquid 12.5 mg / 1 tsp	Liquid 12.5 mg / 5 ml	Chewable 12.5 mg	Tablets 25 mg	Capsules 25 mg	Quick Dissolve Strips / Fastmelts 25 mg
20-24 lbs	3/4	4	-		-	-
25-37 lbs	1	5	1	1/2	-	-
38-4- lbs	1 1/2	7.5	1 1/2	1/2	-	-
50-99 lbs	2	10	2	1	1	1
100+ lbs	-	-	4	2	2	2
	tsp	ml	tabs	tabs	caps	strips / melts

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

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Table Notes:

- **AGE LIMITS:** 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) Should be avoided if under 4 years old. Avoid multi-ingredient products in children under 6 years of age. (Reason: FDA recommendations 10/2008).
- **DOSAGE:** Determine by finding child's **weight** in the top row of the dosage chart.
- **MEASURING the DOSAGE:** Syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medication. If you use a teaspoon, it should be a measuring spoon. Regular spoons are not reliable. Also, remember that 1 level teaspoon equals 5 ml and that ½ teaspoon equals 2.5 ml.
- **FREQUENCY:** Repeat every 6 hours as needed but no more than 4 times per day.
- **ADULT DOSAGE:** 50 mg
- **CHILDREN'S BENADRYL FASTMELTS:** Each fastmelt tablet contains the equivalent of 12.5 mg of Diphenhydramine HCL and dosed the same as chewable tablets

Disclaimer: This information is provided for educational purposes only and is not intended to be a substitute for professional medical advice.