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## Diphenhydramine Dosage Sheet

- Brand Name: **Benadryl**, generic diphenhydramine

**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:** Determined by using the table below.

<b>*Speak with a medical provider before giving Diphenhydramine (Benadryl) to a child under 2 years old (side effect of sedation).</b>				
Child's Weight (lbs)	Dose in mg	Children's Liquid(12.5mg/5mL)	Chewable /Fastmelts 12.5mg tablets	Swallow Tabs/Caps 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 chew tab	
38-49 lbs	18.75 mg	7.5 mL	1 ½ chew tabs	
50-69 lbs	25 mg	10 mL	2 chew tabs	1 tab
70-99 lbs	37.5 mg	15 mL	3 chew tabs	1 ½ tabs
>100 lbs and Adults	50 mg	20 mL	4 chew tabs	2 tabs

**Measure the Dose:** Medication syringes and droppers are better to use than teaspoons or eating utensils. Use the syringe or dropper that comes with the medicine or pick one up at a pharmacy.

**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. We prefer Cetirizine (Zyrtec) or Loratadine (Claritin) over Diphenhydramine (Benadryl) because Diphenhydramine only lasts 6 hours, and has more side effects like sedation.