

Diphenhydramine (Benadryl, etc. Dosage Table

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Child's weight (pounds)	20-24	25-37	38-49	50-99	100+	lbs.
Liquid 12.5mg/5ml (tsp)	¾	1	1½	2	--	tsp
Chewable 12.5 mg	--	1	1½	2	4	tablets
Tablets 25 mg	--	½	½	1	2	tablets
Capsules 25 mg	--	--	--	1	2	caps

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

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) 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).
- DOSAGE: Determine by finding child's weight in the top row of the dosage table
- FREQUENCY: Repeat every 6 hours as needed
- 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
- 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.