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CHILDREN'S BENADRYL INFORMATION & DOSING CHART

WARNING:

NEVER give Benadryl or any other sedative to infants under 1 year of age for sleep. Do not allow daycare providers to give sedative to your infants. Always consult your child's physician before using sedative for sleep in children.

The generic name is Diphenhydramine. This is an "anti-histamine" medication. During an allergic reaction, histamine is released into the blood stream by certain cells called Mast cells. The histamine is responsible for much of itching, sneezing, or rash that occurs during a reaction. The "anti-histamine" blocks these nuisances.

WHAT IT'S USED FOR

Benadryl is great for just about any cause of itching: insect bites, bee stings, poison ivy, chicken pox, and allergy. It is also good for the swelling that can sometime accompany these reactions. Benadryl will also relieve runny nose and sneezing whether from a cold or allergy.

HELPFUL TIP FOR TREATING COLDS

When giving children cold medications, we have found that the nasal passages can become dry, that's why it's important to use saline nasal spray thought the day a humidifier in the bedroom at night

DOSAGE

Give 0.5 mg per pound every 4-6 hours, (*See dosing chart*). The package does not give a dose for under 2 years of age and **we do not recommend use under the age of one**. The package also gives rather vague doses (one dose for ages 2-6), often resulting in under-dosing. **We prefer to calculate the dose by the child's weight**. The dose is about 0.5 mg per pound of bodyweight (or 1.25 mg per kilogram). For example, a 25 lb child would get 12.5 mg (25lb x 0.5mg/lb = 12.5mg). This is exactly one teaspoon of liquid or one chewable tablet. This dose can be given every four to six hours. **Hint:** the dose for Benadryl and Acetaminophen (Tylenol) are the same for the liquid or chewable, i.e. if a child gets one teaspoon of Tylenol, then his dose of Benadryl is also one teaspoon.

SIDE EFFECTS/SAFETY

- Antihistamines can cause drowsiness, dry mouth, and sometimes, upset stomach
- Instead of drowsiness, some children will have an opposite effect and get "revved-up."
This is more of a nuisance than a medical concern.
- Antihistamines can be given with any antibiotic, Acetaminophen, Ibuprofen, decongestants and cough suppressants.
- **Should not** be given for **Croup** (dries the air passages).

HOW SUPPLIED

- Liquid 12.5 mg per 5ml
- Chewables 12.5 mg
- Tablets 25 mg

DOSING CHART:

(Can be dosed every 4-6 hours)

WEIGHT:	Liquid (12.5 mg/5ml)	Chewable Tables (12.5 mg each)	Tablets (25mg each)
17-21 lbs	¾ tsp (3.75 ml)	Use liquid	Use liquid
22-32 lbs	1 tsp (5ml)	1 tablet	Use liquid or chews
33-42 lbs	1 ½ tsp (7.5 ml)	1 ½ tablet	Use liquid or chews
43-53 lbs	2 tsp (10 ml)	2 tablets	1 tablet
54-64 lbs	2 ½ tsp (12.5 ml)	2 ½ tablets	1 tablet
65-75 lbs	3 tsp	3 tablets	1 tablet
76-86 lbs	3 ½ tsp (17.5 ml)	3 ½ tablets	1 tablet
>86 lbs	4 tsp (20 ml)	4 tablets	2 tablets