OTC Dose Decoder

- Tylenol
- Motrin or Advil
- **Antihistamines (Allergies):**
  - Benadryl
  - Zyrtec
- **Decongestants:**
  - Sudafed
  - Mucinex Stuffy Nose & Chest Congestion Liquid
- **Cough Suppressants and Expectorants:**
  - Robitussin-DM
  - Mucinex Children's Cough Liquid
- **Combination Medications for Colds:**
  - Robitussin
  - Children's Dimetapp

Tylenol

(Acetaminophen)

> **Use for: Fever, pain relief, teething**

> **Not to be given if under 2 months (unless cleared with pediatrician)**
> Can be repeated every 4 hours as needed
> Do not give more than 5 doses in 24 hours

Weight (lbs)	Dose (mgs)	Infant Oral Suspension (160 mg/5 ml)	Child Oral Suspension (160 mg/5 ml)	Chewable (80 mg tab)	Jr. Strength (160 mg tab)	Adult Tab (325 mg)
6 - 11	40	1.25 ml = 1/4 tsp	-	-	-	-
12 - 17	80	2.5 ml = 1/2 tsp	2.5 ml = 1/2 tsp	-	-	-
18 - 22	120	3.75 ml = 3/4 tsp	3.75 ml = 3/4 tsp	1 1/2 tabs	-	-

Weight (lbs)	Dose (mgs)	Infant Oral Suspension (160 mg/5 ml)	Child Oral Suspension (160 mg/5 ml)	Chewable (80 mg tab)	Jr. Strength (160 mg tab)	Adult Tab (325 mg)
23 - 35	160	5 ml = 1 tsp	5 ml = 1 tsp	2 tabs	1 tab	-
36 - 47	240	7.5 ml = 1 1/2 tsp	7.5 ml = 1 1/2 tsp	3 tabs	1 1/2 tabs	-
48 - 59	320	10 ml = 2 tsp	10 ml = 2 tsp	4 tabs	2 tabs	1 tab
60 - 71	400	12.5 ml = 2 1/2 tsp	12.5 ml = 2 1/2 tsp	5 tabs	2 1/2 tabs	1 tab
72 - 95	480	15 ml = 3 tsp	15 ml = 3 tsp	6 tabs	3 tabs	1 1/2 tabs
96+	640	20 ml = 4 tsp	20 ml = 4 tsp	8 tabs	4 tabs	2 tabs

Motrin or Advil

(Ibuprofen)

> Use for: **Fever, pain relief, teething**

> **Not to be given if under 12 pounds or 6 months**
> Best if not given on an empty stomach
> Can be repeated every 6 hours as needed

Weight (lbs)	Dose (mgs)	Infant Oral Drops (50 mg/1.25 ml)	Child Oral Suspension (100 mg/5 ml)	Chewable (100 mg tab)	Jr. Strength (100 mg tab)	Adult Tab (200 mg)
12 - 17	50	1.25 ml = 1 dropper	2.5 ml = 1/2 tsp	--	--	--
18 - 23	75	1.875 ml = 1 1/2 dropper	3.75 ml = 3/4 tsp	--	--	--
24 - 35	100	2.5 ml = 2 droppers	5 ml = 1 tsp	1 tab	1 tab	--
36 - 47	150	--	7.5 ml = 1 1/2 tsp	1 1/2 tabs	1 1/2 tabs	--
48 - 59	200	--	10 ml = 2 tsp	2 tabs	2 tabs	1 tab
60 - 71	250	--	12.5 ml = 2 1/2 tsp	2 1/2 tabs	2 1/2 tabs	1 tab
72 - 95	300	--	15 ml = 3 tsp	3 tabs	3 tabs	1 1/2 tabs
96+	400	--	20 ml = 4 tsp	4 tabs	4 tabs	2 tabs

Benadryl

(Diphenhydramine)

> Use for: **Allergic reactions, itchy hives, seasonal allergies**

> **Not to be given if under 6 months of age**
> Can be repeated every 6 hours as needed
> Maximum of 4 doses in 24 hours
> **Caution:** May cause drowsiness

Weight (lbs)	Suspension (12.5 mg/5 ml)	Chewable (12.5 mg tab)	FastMelts (12.5 mg tab)	Tab/Cap (25 mg)
12 - 19	2.5 ml = 1/2 tsp	-	-	-
20 - 26	3.75 ml = 3/4 tsp	-	-	-
27 - 39	5 ml = 1 tsp	1 tab	1 tab	-
40 - 52	7.5 ml = 1 1/2 tsp	1 tab	1 tab	-
53 - 67	10 ml = 2 tsp	2 tabs	2 tabs	1 tab/cap
68 - 79	12.5 ml = 2 1/2 tsp	2 tabs	2 tabs	1 tab/cap
80 - 95	15 ml = 3 tsp	3 tabs	3 tabs	1 tab/cap
96+	20 ml = 4 tsp	4 tabs	4 tabs	2 tabs/caps

Zyrtec

(Cetirizine)

> Use for: **Allergic reactions, itchy hives, seasonal allergies, sinus drip, nasal congestion**

> **Not to be given if under 6 months of age**
> Best if given before bedtime. Only given once a day
> **Caution:**May cause drowsiness

Age	Dose (mL)
6-12 months	2.5 mL
1-2 years	2.5-3.75 mL
2-3 years	3.75 mL
3-4 years	5 mL
4-5 years	5-7.5 mL
6 years & older	7.5-10 mL

Robitussin-DM

(Dextromethorphan, Guaifenesin)

Use for: **Nonproductive (dry) cough, to suppress the cough reflex and reduce the urge to cough, providing relief from persistent or irritating coughing.**

Not to be given if under 2 years of age
Can be repeated every 4 hours as needed
Maximum of 6 doses in 24 hours

Age	Dose (mL)
2-4 years	2.5 mL
4-6 years	3.75 mL
6-9 years	5 mL
9-12 years	7.5 mL
12 & older	10 mL

Robitussin

(Guaifenesin)

Use for: **Productive (wet) cough, chest congestion, thick nasal congestion with mucus or phlegm present, to thin and loosen mucus, making it easier to cough up and clear from the airways.**

Not to be given if under 2 years of age
Can be repeated every 4 hours as needed
Maximum of 6 doses in 24 hours

Age	Dose (mL)
2-4 years	2.5-3.75 mL
4-6 years	3.75-5 mL
6-9 years	5-7.5 mL
12 & over	10-20 mL

Children's Dimetapp

Cold & Allergy

Brompheniramine maleate (antihistamine)

- Use **Cold & Allergy** for: **Nasal congestion, Runny nose, Itchy eyes, Watery eyes, Sneezing, & Itchy throat**

Cold & Cough

Brompheniramine maleate (antihistamine) & Dextromethorphan HBr (cough suppressant)

- Use **Cold & Cough** for: **Runny nose, Itchy eyes, Watery eyes, Sneezing, & nonproductive (dry) cough**

Not to be given if under 2 years of age
Can be repeated every 4 hours as needed

Maximum of 4 doses in 24 hours

Age	Dose (mL)
2-4 years	5 mL
4-6 years	7.5 mL
6-9 years	10 mL
9-12 years	15 mL
12 & older	20 mL

Mucinex Children's Cough Liquid

(Guaifenesin 100 mg/5 mL, Dextromethorphan HBr 5 mg/5 mL)

Use for: **Cough relief, chest congestion, thinning and loosening mucus**

Not to be given if under 2 years of age
Can be repeated every 4 hours as needed
Maximum of 6 doses in 24 hours
Stop use and consult a doctor if cough persists for more than 7 days or is accompanied by fever, rash, or persistent headache

Age	Dose (mL)
2-4 years	2.5-3.75 mL
4-6 years	3.75-5 mL
6-9 years	5-7.5 mL
9-12 years	7.5-10 mL
12 & over	10-15 mL

Mucinex - Children's Stuffy Nose & Chest Congestion Liquid

(Guaifenesin & Phenylephrine)

> Use for: **Productive (wet) cough, chest congestion, thick nasal congestion with mucus or phlegm present, to thin and loosen mucus, making it easier to cough up and clear from the airways.**

> **Not to be given if under 9 months of age**
> Can be repeated every 4 hours as needed
> Maximum of 6 doses in 24 hours

Age	Dose (mL)
9-12 months	1 mL
12-15 months	1.25 mL
15-18 months	1.6 mL
18-24 months	2 mL
2-4 years	2.5-3.75 mL
4-6 years	3.75-5 mL
6-9 years	5-7.5 mL
9-12 years	7.5-10 mL
12 & over	10-15 mL

Sudafed

(Pseudoephedrine HCl)

Use for: Nasal congestion, sinus pressure, stuffy nose due to colds or allergies

Not to be given to children under 4 years of age
Do not use with MAOIs or within 14 days of stopping MAOI treatment
Consult a doctor before use if you have heart disease, high blood pressure, diabetes, or other medical conditions
Follow recommended dosages and do not exceed the maximum daily dose

Age	Children's Sudafed Liquid (15 mg/5 mL)	Sudafed Sinus Congestion (30 mg tabs)	Sudafed PE Sinus Congestion (10 mg tabs)
4–5 years	5 mL every 4–6 hours (Max: 4 doses in 24 hours)	-	-
6–11 years	10 mL every 4–6 hours (Max: 4 doses in 24 hours)	1 tablet every 4–6 hours (Max: 4 tablets in 24 hours)	-
12+ years	20 mL every 4–6 hours (Max: 4 doses in 24 hours)	2 tablets every 4–6 hours (Max: 8 tablets in 24 hours)	1 tablet every 4 hours (Max: 6 tablets in 24 hours)

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