Resources

- Dosage Tables
- Mental Health Assessment Kit
- ADHD Home
- PGL
- Oral Contraceptive Pills (OCPs)

Dosage Tables

- 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)

Mental Health Assessment Kit

Vanderbilt - Parent	Vanderbilt - Teacher
vanderbilt-parent.png	vanderbilt-teacher.png
Parent ADHD Eval Letter **Parent Vanderbilt (Printable)**	**Teacher ADHD Eval Letter** **Teacher Vanderbilt (Printable)**
ADHD Evaluation Packet	

PHQ-9 & GAD-7
joshnp.com_phq-gad.png

Scared - Child	Scared - Parent
joshnp.com_scared-child.png	joshnp.com_scared-parent.png
SCARED - Child Form	**SCARED - Parent Form**
SCARED Eval Letter	

CAST
joshnp.com_cast.png
CAST Eval Letter

MCHAT
M-CHAT

NovoPsych

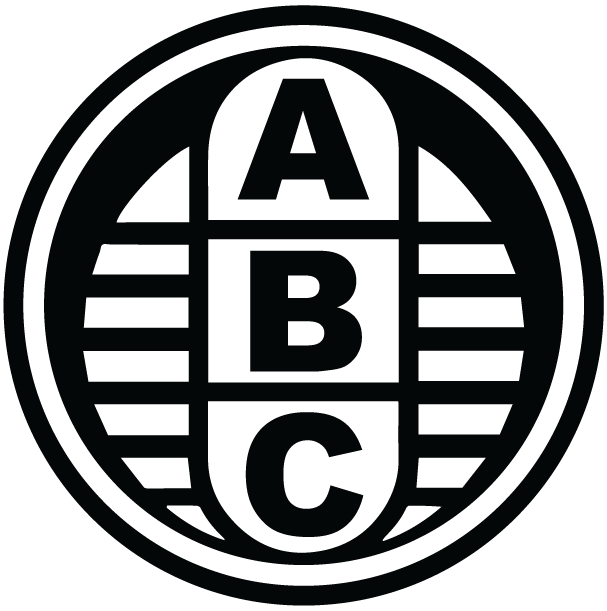
ADHD Home



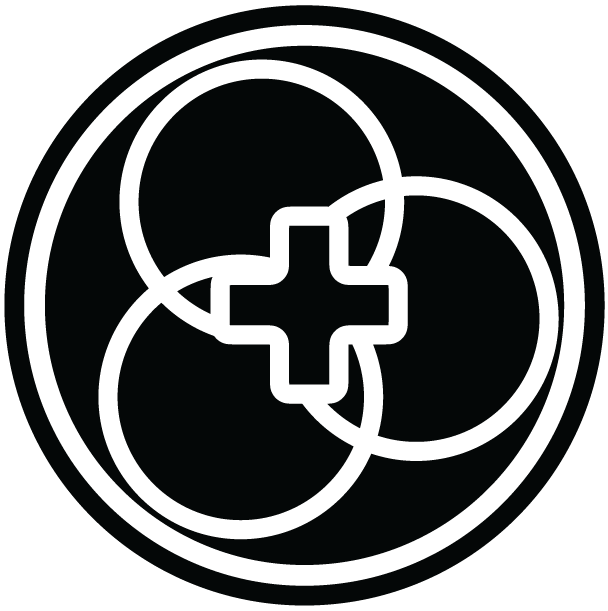
Meds by Form



Meds by Duration



Meds (Alphabetical)



Co-Occuring Conditions

PGL

Respiratory / ENT Panels

Respiratory Panel 1: Pharyngitis / Laryngitis

Bacterial Targets	Viral Targets
• Bordetella pertussis / parapertussis • Chlamydia pneumoniae • Klebsiella pneumoniae • Staphylococcus aureus • Streptococcus pyogenes	• Coronavirus NL63 • Coronavirus 229E • Coronavirus HKU1 • COVID/SARS-CoV-2 • Enterovirus (A, B, C) • Influenza A Panel • Influenza B Panel • Rhinovirus 1 • Rhinovirus 2 • RSV

Respiratory Panel 2: Bronchitis / Pneumonia

Bacterial Targets	Viral Targets
• Haemophilus influenzae • Klebsiella pneumoniae • Mycoplasma pneumoniae • Pseudomonas aeruginosa • Staphylococcus aureus • Streptococcus pneumoniae • Moraxella catarrhalis	• COVID/SARS-CoV-2 • Influenza A Panel • Influenza B Panel • RSV

Respiratory Panel 3: Pediatric

Bacterial Targets	Viral Targets
• Bordetella pertussis / parapertussis • Streptococcus pneumoniae • Streptococcus pyogenes • Haemophilus influenzae • Klebsiella pneumoniae • Staphylococcus aureus	• Coronavirus NL63 • Coxsackievirus a6, a16 • Human Metapneumovirus • Parainfluenza 2 • Rhinovirus 1 • Rhinovirus 2 • RSV

Respiratory Panel 4: Geriatric / Immunocompromised

Bacterial Targets	Fungal Targets	Viral Targets
• Klebsiella pneumoniae • Pseudomonas aeruginosa • Staphylococcus aureus • Streptococcus pneumoniae	• Aspergillus (terreus, niger, flavus) • Candida albicans, glabrata, parapsilosis, tropicalis • Candida auris	• Adenovirus 1, 2 • COVID/SARS-CoV-2 • Cytomegalovirus (HHV5) • Influenza A Panel • Influenza B Panel • RSV

Respiratory Full Panel

Bacterial Targets	Viral Targets

• Bordetella pertussis / parapertussis • Chlamydia (Chlamydophila) pneumoniae • Haemophilus influenzae • Klebsiella pneumoniae • Legionella pneumoniae • Moraxella catarrhalis • Mycoplasma pneumoniae • Pseudomonas aeruginosa • Staphylococcus aureus • Streptococcus agalactiae • Streptococcus pneumoniae • Streptococcus pyogenes	• Adenovirus 1, 2 • Coronavirus NL63 • Coronavirus HKU1 • Coronavirus 229E • Coronavirus OC43 • COVID/SARS-CoV-2 • Cytomegalovirus (HHV5) • Enterovirus (A, B, C) • Epstein Barr Virus (HHV4) • Human Metapneumovirus • Influenza A Panel • Influenza B Panel • Parainfluenza 1, 2, 3 • Rhinovirus 1, 2 • RSV

Ear Infection Panel

Bacterial Targets	Fungal Targets
• Acinetobacter baumannii • Escherichia coli • Haemophilus influenzae • Klebsiella pneumoniae • Moraxella catarrhalis • Proteus mirabilis • Proteus vulgaris • Pseudomonas aeruginosa • Serratia marcescens • Staphylococcus aureus • Streptococcus pneumoniae	• Aspergillus (terreus, niger, flavus) • Candida auris

Acute Viral Panel

Viral Targets	
• Coronavirus OC43 • Epstein Barr Virus (HHV4) • Adenovirus 2 • Human Metapneumovirus • Parainfluenza 1 • Parainfluenza 2 • Parainfluenza 3 • Parainfluenza 4	

RP Viral Focus Panel

Viral Targets	
• COVID/SARS-CoV-2 • Influenza A Panel • Influenza B Panel • RSV	

GI Panels

GI Focus 1: E. coli Panel

Bacterial Targets	
• Enteroaggregative E. coli (EAEC) • Enterohemorrhagic E. coli (EHEC) O157 • Enteropathogenic E. coli (EPEC) • Enterotoxigenic E. coli (ETEC) • Shiga-like toxin-producing E. coli (STEC) stx1/stx2; O157 • Shigella / EIEC	

GI Focus 2: Foodborne Bacteria Panel

Bacterial Targets	
• Campylobacter (coli, jejuni, upsalienis) • Listeria monocytogenes • Plesiomonas shigelloides • Salmonella • Yersinia enterocolitica	

GI Focus 3: Parasite Panel

Parasite Targets	
• Cryptosporidium • Cyclospora cayetanensis • Entamoeba histolytica • Giardia lamblia	

GI Focus 4: Common Viral Panel

Viral Targets	
• Norovirus GI • Norovirus GII • Rotavirus A • Sapovirus (1 of 2, 2 of 2)	

GI Focus 5: Common Bacterial Panel

Bacterial Targets	
• Clostridium difficile (toxin A/B) • Enteroaggregative E. coli (EAEC) • Enteropathogenic E. coli (EPEC) • Salmonella	

Oral Contraceptive Pills (OCPs)

Indication	Preferred Contraceptive Options
Contraception (general)	**Any monophasic: Loestrin 24 Fe, Alesse (Aviane), Ortho-Cyclen, Yaz, Beyaz** **Patch: Xulane, Twirla** **Progestin-only (estrogen contraindicated): Camila, Errin, Slynd**
Menstrual regulation (irregular cycles)	**Loestrin 24 Fe, Yaz, Ortho-Cyclen, Alesse (Aviane)** **Patch: Xulane, Twirla**
Dysmenorrhea (painful periods)	**Loestrin 24 Fe, Yaz, Ortho-Cyclen** **Extended-cycle: Seasonique, Seasonale, Quartette** **Patch: Xulane, Twirla**
Menorrhagia (heavy bleeding)	**Loestrin 24 Fe, Yaz, Slynd (if estrogen contraindicated)** **Avoid ultra-low estrogen pills (e.g., Lo Loestrin Fe)**
Acne	**FDA Approved: Yaz, Beyaz, Ortho Tri-Cyclen, Estrostep Fe** **Others: Yasmin, Ortho-Cyclen (may help but not FDA-approved)**
Premenstrual Dysphoric Disorder (PMDD)	**Yaz, Beyaz (due to drospirenone's mood benefits)**
Desire for fewer or no periods	**Extended-cycle OCPs: Seasonique, Seasonale, Quartette, Amethyst** **Continuous use of monophasic pills**
Estrogen contraindicated (migraine with aura, VTE, breastfeeding)	**Traditional: Camila, Errin (traditional minipills)** **Novel: Slynd (better cycle control)**
Desire for non-daily method	**Patch: Xulane, Twirla (weekly)**
PCOS	**Yaz:** Anti-androgenic progestin → improves acne and hirsutism; regulates cycles **Beyaz:** Same as Yaz with added folate; helpful if pregnancy prevention is also a goal **Ortho Tri-Cyclen:** improves acne; cycle regulation; moderate anti-androgenic effect **Estrostep Fe:** acne; milder anti-androgenic action

Brand Name	Formulation/ Delivery	Estrogen Dose	Progestin Type	Medical Indications	Special Considerations
Alesse (Aviane)	Monophasic OCP	20 mcg EE	Levonorgestrel	Cycle control	Low-dose, well tolerated
Amethyst	Continuous OCP	20 mcg EE	Levonorgestrel	Continuous cycle, no periods	Continuous; may suppress periods entirely
Beyaz	Monophasic OCP + folate	20 mcg EE	Drospirenone	Acne, PMDD	Anti-androgenic for acne and mood; added folate for neural tube protection
Camila	Progestin-only pill (POP)	None	Norethindrone 0.35 mg	Estrogen contraindicated, breastfeeding, VTE risk	Strict timing; breakthrough bleeding risk
Errin	Progestin-only pill (POP)	None	Norethindrone 0.35 mg	Estrogen contraindicated, breastfeeding, VTE risk	Strict timing; breakthrough bleeding risk
Estrostep Fe	Triphasic OCP	20/30/35 mcg EE	Norethindrone	Acne, menstrual regulation	Gradual estrogen increase; effective for acne
Lo Loestrin Fe	Monophasic OCP (26+2)	10 mcg EE	Norethindrone acetate	Light or absent periods desired, minimal estrogen exposure	May cause amenorrhea; less effective for heavy bleeding
Loestrin 24 Fe	Monophasic OCP (24+4)	20 mcg EE	Norethindrone acetate	Menstrual regulation, menorrhagia, dysmenorrhea	Good cycle control; helps reduce heavy bleeding and cramps; preferred for menorrhagia
Ortho Tri-Cyclen	Triphasic OCP	35 mcg EE	Norgestimate	Acne	Triphasic with acne indication
Ortho-Cyclen	Monophasic OCP	35 mcg EE	Norgestimate	Menstrual regulation, moderate acne	Higher estrogen; effective for acne but more estrogen side effects
Quartette	Extended-cycle OCP	Step-up EE	Levonorgestrel	Extended-cycle, fewer periods	Reduces breakthrough bleeding
Seasonale	Extended-cycle OCP	30 mcg EE	Levonorgestrel	Fewer periods/year, dysmenorrhea	Less frequent bleeding

Brand Name	Formulation/ Delivery	Estrogen Dose	Progestin Type	Medical Indications	Special Considerations
Seasonique	Extended-cycle OCP	30 mcg EE	Levonorgestrel	Fewer periods/year, dysmenorrhea	Less frequent bleeding
Slynd	Progestin-only pill (Minipill)	None	Drospirenone 4 mg	Estrogen contraindicated, heavy bleeding	Better cycle control; flexible timing vs traditional POPs
Twirla (Patch)	Transdermal patch	30 mcg EE/day	Levonorgestrel	Cycle regulation	Weekly patch; avoid in high BMI; Lower estrogen vs. Xulane; limited data in adolescents
Xulane (Patch)	Transdermal patch	35 mcg EE/day	Norelgestromin	Cycle regulation, dysmenorrhea	Weekly patch; higher estrogen exposure
Yasmin	Monophasic OCP	30 mcg EE	Drospirenone	Menstrual control	Higher estrogen than Yaz; acne control
Yaz	Monophasic OCP	20 mcg EE	Drospirenone	Acne, PMDD, hirsutism	Anti-androgenic for acne and mood