



## MEDICATIONS

### Acetaminophen (Tylenol, Tempra) – every 4 hours for fever or pain

*Child must be older than 2 months!*

| Weight (pounds) | Liquid<br>160mg/5 ml | 80mg chew<br>tabs | 325 mg tabs |
|-----------------|----------------------|-------------------|-------------|
| 6-11 lbs.       | 1.25 ml              | -                 | -           |
| 12-17 lbs.      | 2.5 ml               | -                 | -           |
| 18-23 lbs.      | 3.75 ml              | -                 | -           |
| 24-35 lbs.      | 5 ml                 | 2 tabs            | -           |
| 36-47 lbs.      | 7.5 ml               | 3 tabs            | -           |
| 48-59 lbs.      | 10 ml                | 4 tabs            | 1 tab       |
| 60-100 lbs.     | 12.5 ml-15 ml        | 5-6 tabs          | 1- ½ tabs   |

### Ibuprofen (Motrin, Advil) -every 6 hours for fever or pain

*Child must be older than 4 months!*

| Weight<br>(pounds) | Infant Drops<br>50mg/1.25mldropper | Liquid<br>100mg/5 ml | 50mg chew<br>tabs | 100 mg tabs<br>Chew/regular |
|--------------------|------------------------------------|----------------------|-------------------|-----------------------------|
| 12-17 lbs.         | 1.25 ml                            | 2.5 ml               | 1 tab             | -                           |
| 18-23 lbs.         | 1.875 ml                           | 3.75 ml              | 1- ½ tabs         | -                           |
| 24-35 lbs.         | 2.5 ml                             | 5 ml                 | 2 tabs            | 1 tab                       |
| 36-47 lbs.         | -                                  | 7.5 ml               | 3 tabs            | 1- ½ tabs                   |
| 48-59 lbs.         | -                                  | 10 ml                | 4 tabs            | 2 tabs                      |
| 60-100 lbs.        | -                                  | 12.5 ml – 15 ml      | 5-6 tabs          | 2-3 tabs                    |

### Over-the-counter cold medications

*Child must be older than 6 years for cough medications.*

| Weight<br>(pounds) | <b>DELSYM</b><br><i>Limit 2<br/>doses in 24<br/>hr for cough</i> | <b>CLARITIN/ZYRTEC</b><br><i>Limit 1 doses in 24<br/>hours for allergies<br/>5mg/5ml</i> | <b>BENADRYL LIQUID</b> 12.5mg/5ml (for<br>rash/insect bite-sting/allergies) <i>Limit 4<br/>doses/24 hrs</i> |
|--------------------|--|--|---|
| 18-23 lbs          | -  | -  | 2.5 ml  |
| 24-35 lbs          | -  | 2.5 ml   | 5 ml  |
| 36-47 lbs          | -  | 5 ml   | 7.5 ml  |
| 48-59 lbs          | 5 ml   | 7.5 ml   | 10 ml   |
| 60-100 lbs*        | 7.5 ml   | 10 ml  | 12.5 ml-15 ml   |

**NOTE 1: Dosages for products not contained in this chart should be as directed on the package or by the pharmacist. NOTE 2: We do not recommend alternating acetaminophen and ibuprofen.**

*The information contained on this handout is reviewed periodically and is subject to change as new information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a health care professional.*

# Cough & Cold

Your child will probably have more colds (upper respiratory infections) than any other illness. Before the age of two, most children have 8-10 colds. Children can have even more if they are in daycare or have older brothers and sisters at home. The good news is most colds go away by themselves.

Colds are caused by viruses (very small infectious substances). They are spread easily by coughing, sneezing, or hands that have been in contact with nasal secretions. Once infected, children develop the familiar signs and symptoms: runny nose, sneezing, fever (usually <103), decreased appetite, sore throat, coughs, slightly swollen glands, and on-and-off irritability.

Unlike infections caused by bacteria (strep throat, ear infections, pink eye), colds do not respond to antibiotics. The best medical management is making your child comfortable with extra rest and fluids; Tylenol/ibuprofen if they have fever or pain; and a humidifier for congestion. If your infant is having difficulty feeding due to congestion use nasal saline drops (saline = ¼ tsp. table salt in 1 cup water) and the blue bulb to suction her nose before feeding or naps.

*If the following conditions arise, please call our office:*

- Infant < 2 months with fever >100
- Difficulty breathing
- Signs of dehydration
- Ear pain for more than 2-3 days
- Cough that lasts for more than 14 days  
Without improving
- \* Fever >104
- \* Fever > 102 for more than 3 days
- \* Poor feeding in an infant
- \* Excessive sleepiness or irritability
- \* Purple rashes

## Over-The Counter Medications

There are hundreds of cough and cold products available over-the-counter nationally. Many are marketed for children and come in a liquid or chew tab form. With sleepless nights and cranky children we realize parents are under tremendous pressure to try these products. However, cough and cold preparations have *never* been proven effective in treating children. Unfortunately, they have been shown to cause increased side effects (over-drying of the nose, sleepiness, restlessness, irritability, and insomnia) without clear evidence of helping manage symptoms.

*While use of these products is ultimately up to you, here are a few guidelines:*

- . Avoid nasal spray decongestants
- . The more ingredients, the more likely your child is to experience side effects.
- . Do not use adult preparations which contain alcohol (like Nyquil).
- . Do not give honey to any child <12 months old.
- . Do not alternate acetaminophen and ibuprofen- unless instructed by a medical professional.
- . Do not use aspirin or aspirin containing products in children under 18 years
- . *We do not recommend use of cough medications for children under the age of 6 years!*