

Diphenhydramine (Benadryl) Dose Table for every 6 - 8 hours						
Child's Weight (pounds)	20 - 24	25 - 37	38 - 49	50 - 99	100+	lbs.
Liquid 12.5 mg/ 1 teaspoon (tsp)	3/4	1	1 1/2	2	--	tsp
Liquid 12.5 mg/ 5 milliliters (ml)	4	5	7.5	10	--	ml
Chewable 12.5 mg	--	1	1 1/2	2	4	tablets
Tablets 25 mg	--	1/2	1/2	1	2	tablets
Capsules 25 mg	--	--	--	1	2	caps

When to Use. Treatment of allergic reactions, nasal allergies, hives and itching.

Table Notes:

- **Age Limits:** For **allergies**, don't use diphenhydramine under 1 year of age, as it causes most babies to be sleepy. For **colds**, diphenhydramine is not advised at any age, as there no proven benefits. They should be not be given if under 4 years old. If under 6 years, don't give products with more than one ingredient in them. (FDA recommendations 10/2008).
- **Dose:** Find the child's **weight** in the top row of the dose table. Look below the correct weight for the dose based on the product you have. **Adult dosage** is 50mg.
- **Measuring Dosage:** Syringes and droppers are more accurate than teaspoons. When possible, use the syringe or dropper that comes with the medicine, or purchase a syringe at your local pharmacy. If you use a teaspoon, it should be a measuring spoon, as regular spoons are not reliable. Keep in mind 1 level teaspoon equals 5 ml and that ½ teaspoon equals 2.5 ml.
- **Dosage Frequency:** Repeat every 6 hours as needed.
- **Regarding Children's Benadryl Fastmelts:** Each fastmelt tablet equals 12.5mg. They are dosed the same as chewable tablets.