

Benadryl (Diphenhydramine) (6 Months or Older)

Child's Weight (Pounds)	20-24	25-37	38-49	50-99	100+	lb
Total Amount (mg)	10	12.5	19	25	50	mg
Liquid: 12.5 mg/5 milliliters (mL)	4	5	7.5	10		mL
Chewable: 12.5 mg		1	1½	2	4	tablets
Tablets: 25 mg		½	½	1	2	tablets
Capsules: 25 mg				1	2	caps

Indications: For allergic reactions, hay fever, hives, and itching.

Table Notes:

- **Age Limit:**
 - For **allergies**, don't use under 1 year of age (Reason: it's a sedative).
 - Exception: Serious allergic reactions or widespread hives. For these cases, infants 6-12 months of age may have ½ tsp or 2.5 mL of liquid Benadryl (12.5 mg/5 mL) every 8 hours for 2 doses. If weight over 20 lb, use the dosage chart.
 - For **colds**, not recommended (Reason: no proven benefits). Exception: Recommended by your child's doctor.
 - Avoid multi-ingredient products in children (Reason: FDA recommendations 10/2008).
- **Dosage:** Determine by finding child's **weight** in the top row of the dosage table.
- **Measuring the Dosage:** Use a special measuring or dosing device. If possible, use the syringe or dropper that comes with the medicine. If not, medicine syringes are available at pharmacies. If you use a teaspoon, it must be a measuring spoon. Regular household spoons are not accurate. Also, remember that 1 level teaspoon equals 5 mL and that ½ teaspoon equals 2.5 mL.
- **Frequency:** Repeat every 6-8 hours as needed.

- **Adult Dosage:** 50 mg.
- **Children's Benadryl Fastmelts:** Each Fastmelt tablet contains the equivalent of 12.5 mg of diphenhydramine HCL and dosed the same as chewable tablets.
- **Concentration:** Dosage charts are for U.S. products only. Concentrations may vary with international pharmaceuticals. Always double-check the concentration if product bought from outside the U.S.
- **Calculating Dosage:** 0.5 mg/lb/dose (1 mg/kg/dose). Do not recommend dosages above the OTC adult dosage listed above.