

Pediatric Healthcare

Benadryl (Diphenhydramine)

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/1 teaspoon (tsp)	$\frac{3}{4}$	1	1½	2	—	tsp
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	—	$\frac{1}{2}$	$\frac{1}{2}$	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).
 - For **colds**, not recommended at any age (Reason: no proven benefits) and should be avoided if under 4 years old).
 - Avoid multi-ingredient products in children under 6 years of age (Reason: FDA recommendations 10/2008).
- **DOSAGE:** Determine by finding child's **weight** in the top row of the dosage table.
- **MEASURING THE DOSAGE:** Syringes and droppers are more accurate than teaspoons. 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 should be a measuring spoon. Regular spoons are not reliable. Also, remember that 1 level teaspoon equals 5 mL and that $\frac{1}{2}$ 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.
- **CALCULATING DOSAGE:** 0.5 mg/lb/dose (1 mg/kg/dose).