



Diphenhydramine (Benadryl) Dosing Instructions

Every 6 hours as needed for allergy symptoms, allergic reactions and itching

The appropriate dose for your child is based on his/her weight. Locate your child's weight in the weight column. Next, find which product (form and strength/concentration) of diphenhydramine you have in the ones listed in the top row. Then, find your child's dose in that column. mg = milligrams, ml = milliliters

Weight (pounds)	Liquid 12.5mg/5ml	Chewable Tablets 12.5mg	Tablets or Liquegels 25 mg	Weight (kilograms)
8-9	1.25ml			4
10-11	2ml			5
12-16	2.5ml	½ tab		6-7
17-21	3.5ml	½ tab		8-9
22-25	4ml	½ tab		10-11
26-33	5ml	1 tab	½ tab	12-14
33-39	6ml	1 tab	½ tab	15-17
40-45	7ml	1 and ½ tabs	½ tab	18-20
46-52	9ml	1 and ½ tabs	½ tab	21-23
53-58	10ml	2 tabs	1 tab	24-26
59-65	11ml	2 tabs	1 tab	27-29
66-72	12ml	2 and ½ tabs	1 tab	30-32
73-80	14ml	2 and ½ tabs	1 tab	33-36
81-88	15ml	3 tabs	1 and ½ tabs	37-40

*If the above listed dosage makes your child too sleepy, you may decrease the amount you give.

*Please always read medication labels carefully. Many over the counter cold and cough medications include diphenhydramine, so please use caution if using diphenhydramine with other medications.

*Please do not give diphenhydramine while using other anti-histamines or allergy medications unless recommended by your physician.

*For children above 88 pounds (40 kg) please refer to the directions listed on the side of the product.

*Please call the office if you have questions or concerns.

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