

**Over the Counter Fever, Cough/Cold, Allergy Pediatric Medications (See notes on ingredients at the bottom)**

**Always use a medication dosing syringe, spoon, or cup, not a household teaspoon**

<b>Brand(s)</b>	<b>Ingredients</b>	<b>Min. age</b>	<b>Dosing</b>
Multiple brands ( <b>Tylenol</b> )	Acetaminophen 160mg/5mL	No minimum	12-15 mg/kg body weight every 4-6 hours
Multiple brands ( <b>Motrin, Advil</b> )	Children's Ibuprofen 100mg/5mL Infant Ibuprofen 100mg/2.5mL	6 months	8-10 mg/kg body weight every 6 hours
<b>Pediacare</b> cough & cold (grape) <b>Dimetapp</b> cold & cough (grape)	Brompheniramine (antihistamine) 2mg/10mL Dextromethorphan 10mg/10mL Phenylephrine 5 mg/10mL	6 years	6-11 years: 10mL every 4 hours 12 years-adult: 20mL every 4 hours
<b>Pediacare</b> cough & congestion (grape) <b>Delsym</b> cough & chest congestion (cherry) <b>Triaminic</b> cough & congestion (cherry) <b>Robitussin</b> cough & congestion DM (grape) <b>Robitussin</b> Elderberry cough & chest congestion DM (elderberry) <b>Mucinex</b> mini-melts (orange cream)	Dextromethorphan 10mg/10mL Guaifenesin 200mg/10mL  <u>Mucinex</u> Dextromethorphan 5mg/packet Guaifenesin 100mg/packet	4 years	4-5 years: 2.5-5mL (1 packet) every 4 hours 6-11 years: 5-10mL (1-2 packets) every 4 hours 12 years-adult: 20 mL (2-4 packets) every 4 hours
<b>Dimetapp</b> nighttime cold & congestion (grape) <b>Triaminic</b> nighttime cold & cough (grape)	Diphenhydramine (antihistamine) 12.5mg/10mL Phenylephrine 5mg/10mL	6 years	6-11 years: 10mL every 4 hours 12 years-adult: 20mL every 4 hours
<b>Dimetapp</b> cold & allergy (grape)	Brompheniramine (antihistamine) 2mg/10mL Phenylephrine 5mg/10mL	6 years	6-11 years: 10mL every 4 hours 12 years-adult: 20mL every 4 hours

<b>Dimetapp</b> multi-system cold & flu (grape) <b>Delsym</b> nighttime cough+cold (berry)	Acetaminophen 320mg/10mL Diphenhydramine (antihistamine) 12.5mg/10mL Phenylephrine 5mg/10mL	6 years	4-5 years: 2.5mL every 4 hours 6-11 years: 5-10mL every 4 hours 12 years-adult: 10-20mL every 4 hours
<b>Delsym</b> 12-hour cough (orange or grape)	Dextromethorphan 60mg/10mL	4 years	4-5 years: 2.5mL every 12 hours 6-11 years: 5mL every 12 hours 12 years-adult: 10mL every 12 hours
<b>Triaminic</b> daytime cold & cough (cherry) <b>Children's Sudafed</b> cough & cold (grape)	Dextromethorphan 10mg/10mL Phenylephrine 5mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-11 years: 10mL every 4 hours
<b>Triaminic</b> Multi-symptom fever & cold (grape)	Acetaminophen 320mg/10mL Chlorpheniramine (antihistamine) 2mg/10mL Dextromethorphan 10mg/10mL Phenylephrine 5mg/10mL	6 years	6-11 years: 10mL every 4 hours
<b>Triaminic</b> cough & sore throat (grape)	Acetaminophen 320mg/10mL Dextromethorphan 10mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-11 years: 10mL every 4 hours
<b>Mucinex</b> multi-symptom cold, flu & sore throat (elderberry & cherry) <b>Mucinex</b> cold & flu all-in-one (very berry)	Acetaminophen 325mg/10mL Dextromethorphan 10mg/10mL Guaifenesin 200mg/10mL Phenylephrine 5mg/10mL	6 years	6-11 years: 10mL every 4 hours, maximum 5 doses in 24 hours
<b>Mucinex</b> multi-symptom cold (very berry)	Dextromethorphan 10mg/10mL Guaifenesin 200mg/10mL Phenylephrine 5mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-12 years: 10mL every 4 hours
<b>Robitussin</b> honey cough & chest congestion DM (honey)	Dextromethorphan 10mg/10mL Guaifenesin 100mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-11 years: 10mL every 4 hours 12 years-adult: 20mL every 4 hours
<b>Robitussin</b> cough & cold CF (grape)	Dextromethorphan 10mg/10mL Guaifenesin 100mg/10mL Phenylephrine 5mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-12 years: 10mL every 4 hours 12 years-adult: 20mL every 4 hours

<b>Robitussin</b> cough & cold / nighttime cough long-acting (fruit punch)	Dextromethorphan 15mg/10mL Chlorpheniramine (antihistamine) 2mg/10mL	6 years	6-11 years: 10mL every 6 hours 12 years-adult: 20mL every 6 hours
<b>Children's Sudafed</b> (grape)	Pseudoephedrine 30mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-11 years: 10mL every 4 hours
<b>Children's Sudafed PE</b> (berry)	Phenylephrine 5mg/10mL	4 years	4-5 years: 5mL every 4 hours 6-11 years: 10mL every 4 hours
<b>Little Remedies</b> Decongestant Nose Drops	Phenylephrine 0.125%	2 years	2-3 drops in each nostril, no more than every 4 hours Do not use for > 3 days
<b>Benadryl</b> (bubblegum)	Diphenhydramine (antihistamine) 25mg/10mL Allergy Plus version adds Phenylephrine (grape) 10mg/10mL = give 6-11 years old 5mL every 6 hours, do not use in < 4 years	6 years	6-11 years: 5-10mL every 6 hours 2-5 years: as directed by a doctor Under 2 years: if indicated, as directed by a doctor
<b>Zyrtec</b> (liquid, chew tab, dissolvable tab)	Cetirizine (non-sedating antihistamine)	2 years	2-5 years: 2.5 mg (2.5mL) daily 6-11 years: 5mg (5mL) daily 12+ years: 10mg (10mL) daily
<b>Claritin</b> (liquid, chew tab, dissolvable tab)	Loratidine	2 years	2-5 years: 5mg (5mL) daily 6+ years: 10mg (10mL) daily
<b>Natural medications used in babies and toddlers</b>			
<b>Robitussin Naturals</b> cough + mucus (honey)	English Ivy Leaf 35mg/8mL Honey 9mg/8mL	2 years	2 years+: 8mL daily
<b>Robitussin Naturals</b> cough + immune health (honey)	English Ivy Leaf 35mg/8mL Elderberry juice concentrate 75mg/8mL Honey 9mg/5mL	2 years	2 years+: 8mL daily
<b>Robitussin Naturals</b> cough + sleep (honey)	English Ivy Leaf, Chamomile, Lavendar extracts Honey 9mg/5mL Melatonin 0.5mg/5mL	4 years	4 years+: 5mL 30 minutes before bedtime
<b>Little Remedies</b> or <b>Ayr</b> Saline spray + drops, Sterile saline mist	Saline	No minimum	2-6 drops or 1-3 sprays of saline mist in each nostril as needed

<b>Little Remedies</b> Honey Cough Syrup	Honey	1 year	1-4 years: 1 tsp (5mL) every 2-4 hours 4 years-adult: 2 tsp (10mL) every 2-4 hours
<b>Zarbee's</b> cough syrup+ immune (berry)	Blend of English Ivy Leaf, dark honey, elderberry, vitamins C, D, and zinc, and other ingredients	12 years	10mL every 2-3 hours, up to 4 times per day
<b>Zarbee's</b> cough syrup+ all-in-one day or night	Blend of English Ivy Leaf, dark honey, turmeric, B vitamins, zinc, and other ingredients	6 years	6-11 years: 5mL every 12 hours (no more than 2 servings in 24 hours)
<b>Zarbee's</b> variety of products for children	Some combination of: English ivy leaf, dark honey, elderberry, chamomile, zinc, Vit C, D	2 years	2-6 years: 5mL every 12 hours (no more than 2 servings in 24 hours)
<b>Zarbee's</b> baby cough syrups	Dark honey (peach & honey) Cough + Immune adds zinc (grape) Agave Cough + Immune is agave + zinc (grape)	12 months	12-24 months: 3mL, not to exceed 4 times daily
<b>Mommy's Bliss</b> organic baby cough syrup & mucus (elderberry)	Ivy leaf, chamomile, vitamin C, agave, and other ingredients No honey Nighttime version minimally different	4 months	4-12 months: 2mL every 4-6 hours 1-3 years: 5mL every 4-6 hours Daytime version up to 6 times in 24 hours; nighttime version up to 3 times in 24 hours
<b>Hyland's</b> baby cough & immune	Agave, elderberry, nighttime version includes chamomile	12 months	3mL up to 3 times in 24 hours
<b>Hyland's</b> mucus + cold relief	Daytime and nighttime versions, include various natural ingredients	6 months	6-12 months: 2.5mL every 6 hours 1-3 years: 5mL every 4 hours

**Concentrations normalized to per 10mL for cough/cold medicines**

### Ingredients

Acetaminophen, Ibuprofen: treat fever and pain. They do not do anything for cough, congestion, vomiting, diarrhea

Antihistamines: dry nasal secretions, help with sneezing, itchy eyes, allergy symptoms, are sedating (except cetirizine, loratadine)

Phenylephrine: meant to be a nasal decongestant, the FDA recently stated that phenylephrine is not effective

Pseudoephedrine: nasal decongestants, stimulants (non-drowsy)

Dextromethorphan: cough suppressant

Guaifenesin: thins mucus and is an expectorant (induces cough to get the mucus out)

Dark honey is the main natural ingredient shown in studies to calm coughs. It should not be given until a child is 1 year old.