

Over the counter medications

Below are instructions for medications that do not need a prescription and can be purchased over the counter.

PAIN MEDICATIONS (dosing based on body weight)

Acetaminophin (Tylenol):

Dose for children: 10mg per kilogram (kg) every 4-6 hours (or 5mg per pound).

Comes in elixir (liquid) of 160mg/5ml.

Ibuprofen (Motrin, Advil)

Dose for children: 10mg/kg per 6-8 hours (or 5mg per pound).

Comes in elixir (liquid) of 20mg/ml or 40mg/ml.

MUCOUS THINNER, EXPECTORANT (used to thin mucous and secretions from nose, throat and chest).

Guaifenesin (Robitussin, Mucinex)

Dose for children (2-3 years old): 50-100mg every 4 hours as needed for thick mucous, cough, with plenty of water.

Comes in elixir (liquid) usually of 100mg/5ml. (½ to one TEASPOON every 4 hrs as needed)

ANTI-HISTAMINES (Used for runny nose, sneezing, itching)

Loratadine (Claritin)

Comes in 1mg/ml liquid, or 10mg ODT (oral disintegrating tablet)

Dose for children:

2-6 yrs old: 5mg (5ml or one teaspoon) once a day

Older than 6 years: 10mg (two teaspoons) once a day, or one ODT per day.

Cetirizine (Zyrtec)

Comes in 1mg/ml liquid.

Dose for children:

2-5 years old: 2.5mg (2.5ml or ½ teaspoon) per day

6-11 years old: 5mg (5ml or one teaspoon) per day

12 and older: 5 to 10mg (5ml to 10ml or 1-2 teaspoons) per day.

Diphenhydramine (Benadryl)

Comes in 12.5mg/5ml liquid or 25mg and 50mg tablets. Caution: can cause drowsiness and sleepiness.

Dose for children:

2-5 years old: 6.25mg (2.5ml of the liquid form) every 4-6 hours as needed; 37.5mg maximum per day.

6-11 years old: 12.5-25mg (5-10ml of the liquid form) every 4-6 hours as needed; 150mg maximum per day.

12 and older: 25-50mg (10-20ml of the liquid form) every 4-6 hours as needed; 300mg maximum per day..

DECONGESTANTS (Used for nasal congestion/stuffiness)

Pseudoephedrine (Sudafed).

Comes in 15mg/5ml or 30mg/5ml liquid

Dose for children:

2-5 years old: 15mg every 4-6 hours as needed.

6-11 years old: 30mg every 4-6 hours as needed.

12 and older: 60mg every 4-6 hours as needed.

NASAL SPRAYS

Saline (ie, Ocean, Ayr, Neil Med saline kit, Neti Pot): 1-2 sprays each nostril 2-3 or more times a day, or if using an irrigation device, gently squirt some of the solution into each nostril. Saline solution is a natural product that is similar to what your nose normally produces. This can be purchased over the counter.

Nasal gel (ie, Ocean, Ayr): apply pea-size amount twice a day to nose on both sides with clean finger or qtip. This can be purchased over the counter.