

Benadryl Dosing Information

Benadryl is a brand-name for a common antihistamine called *diphenhydramine*. Much of its use has been replaced by the non-sedating antihistamines, such as *loratadine* (Claritin) and *cetirizine* (Zyrtec), in the treatment of symptoms due to the common cold and seasonal/chronic allergic rhinitis. These non-sedating antihistamines are preferred due to being easier to dose (i.e. once daily) and associated with less side effects than Benadryl. However, in some instances, Benadryl may be preferable, including:

- 1) Acute reaction to food or other item causing an itchy rash, hives, or skin swelling
- 2) Itchy rash, such as eczema, that is disrupting sleep

Please note, in the event of an acute reaction to food or other item, Benadryl alone may be insufficient and further treatment for severe allergic reaction may be necessary. If a reaction is associated with wheezing, respiratory distress, throat pain, abdominal pain, significant facial swelling, or widespread hives, please treat this as an emergency and call 911. For mild reactions, such as rash/hives not associated with respiratory distress, wheezing, throat pain, or abdominal pain, please call our office if symptoms do not improve with a dose of Benadryl.

Weight (lbs)	Elixir (12.5mg/5ml)	FastMelt Chewable (12.5mg tablets)	Tablets/Capsules (25mg)
26-33	5 ml (1 tsp)	1	n/a
33-39	6.25 ml (1 ¼ tsp)	1	n/a
40-45	7.5 ml (1 ½ tsp)	1 ½	n/a
46-53	8.75 ml (1 ¾ tsp)	1 ½	n/a
53-58	10 ml (2 tsp)	2	1
59-65	11.25 ml (2 ¼ tsp)	2	1
66-72	12.5 ml (2 ½ tsp)	2 ½	1 ½
73-80	13.75 ml (2 ¾ tsp)	2 ½	1 ½
81-88	15 ml (3 tsp)	3	1 ½
89-99	16.25 ml (3 ¼ tsp)	3	2
100-109	18.75 ml (3 ½ tsp)	4	2
110+	20 ml (4 tsp)	4	2

Benadryl doses are given every 6-8 hours as needed

The doses above are the maximum recommended safe dosages based on your child's weight. If the listed dosage makes your child too sleepy, you may need to decrease the amount of medicine given in each dose.