Diphenhydramine (Benadryl)

Pediatric OTC Drug Dosage Table

### Diphenhydramine Dosage Table (Benadryl)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total amount (mg)</td>
<td>10</td>
<td>12.5</td>
<td>19</td>
<td>25</td>
<td>50</td>
<td>mg</td>
</tr>
<tr>
<td>Liquid 12.5mg/1 teaspoon (tsp)</td>
<td>¾</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>--</td>
<td>tsp</td>
</tr>
<tr>
<td>Liquid 12.5mg/5 milliliters (ml)</td>
<td>4</td>
<td>5</td>
<td>7.5</td>
<td>10</td>
<td>--</td>
<td>ml</td>
</tr>
<tr>
<td>Chewable 12.5 mg</td>
<td>--</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>4</td>
<td>tablets</td>
</tr>
<tr>
<td>Tablets 25 mg</td>
<td>--</td>
<td>½</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>tablets</td>
</tr>
<tr>
<td>Capsules 25 mg</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>1</td>
<td>2</td>
<td>caps</td>
</tr>
</tbody>
</table>

### 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).
  - **Exception:** Serious allergic reactions or widespread hives. For these cases, infants 6-12 months of age may have 1/2 tsp or 2 ml of liquid Benadryl (12.5mg/5 ml) every 8 hours for 2 doses. If weight over 20 lbs, use the dosage chart.
  - 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 medication. 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 ½ 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.
- **CONCENTRATION:** Dosage charts are for U.S. products only. Concentrations may vary with international pharmaceuticals. Always double check the concentration if product bought from outside the U.S.
- **CALCULATING DOSAGE:** 0.5 mg/lb/dose (1 mg/kg/dose)

### AUTHOR AND COPYRIGHT

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