Loratadine (Claritin)

Pediatric OTC Drug Dosage Table

<table>
<thead>
<tr>
<th>Loratadine (Claritin) Dosage Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child’s AGE (years)</td>
</tr>
<tr>
<td>Liquid 5 mg/1 teaspoon (tsp)</td>
</tr>
<tr>
<td>Liquid 5 mg/5 milliliters (ml)</td>
</tr>
<tr>
<td>Chewable 5 mg tablets</td>
</tr>
<tr>
<td>Tablets 10 mg</td>
</tr>
</tbody>
</table>

**Indications:** Treatment of nasal or eye allergies, hives, itching and other allergic symptoms.

**Table Notes:**
- **AGE LIMITS:** For **allergies**, don't use under 2 years of age (Reason: not FDA approved). For AGE 2 - 6 years, discuss with your child’s doctor before using. For **colds**, not recommended at any age (Reason: no proven benefits).
- **DOSAGE:** Determine by finding child’s **age** 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 $\frac{1}{2}$ teaspoon equals 2.5 ml.
- **FREQUENCY:** Give once daily in the morning.
- **ADULT DOSAGE:** 10 mg
- **BRAND NAMES:** Claritin, generic loratadine
- **ADVANTAGES:** Causes less sedation than older antihistamines (Benadryl and chlorpheniramine) and is long-acting (lasts up to 24 hours).
- **DISADVANTAGES:** Doesn’t control allergy symptoms as well as Benadryl or chlorpheniramine. Use Loratadine mainly if drowsiness from Benadryl or chlorpheniramine interferes with function.
- **COST:** Use a generic or store brand of Loratadine. Reason: Costs less than Claritin brand.
- **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.

**AUTHOR AND COPYRIGHT**

Author: Barton D. Schmitt, M.D.

Copyright 1994-2014 Barton D. Schmitt, M.D. All rights reserved.

Content Set: Telephone Triage Protocols - Pediatric After-Hours Version -

Version 2014

Last Revised: 4/20/2014

Last Reviewed: 1/22/2014