Phenylephrine

Pediatric OTC Drug Dosage Table

<table>
<thead>
<tr>
<th>Child's weight (pounds)</th>
<th>30-39</th>
<th>40-59</th>
<th>60-79</th>
<th>80-99</th>
<th>100+</th>
<th>lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total amount (mg)</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
<td>mg</td>
</tr>
</tbody>
</table>

**Indications**: Treatment of nasal congestion (stuffiness). Use only if the congestion is severe and nasal washes don't help.

**Table Notes**:
- AGE LIMIT: Don't use under 4 years of age. Author's preference: Don't use under 12 years of age.
- REASONS: Not approved by FDA because dosage not studied in children. Also, risk of dosage error causing high blood pressure.
- CAUTION: Never give 2 cough or cold medicines at the same time. (Reason: May share an ingredient and cause poisoning.) Avoid multi-ingredient products in children under 6 years of age (FDA recommendations 2008).
- PHENYLEPHRINE: Phenylephrine is usually found in combination products with Chlorpheniramine, Dextromethorphan (DM) or Diphenhydramine (Benadryl). Calculate the appropriate dosage per weight using the other active ingredient for which there is a pediatric dosage table. You can assume the ratio of medication concentrations are appropriate.
- CONCENTRATIONS are not listed because they are not uniform (unlike pseudoephedrine products). Check the product label to locate the amount in milligrams (mg) per dropper or 5 ml (tsp).
- 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.
- TOTAL PHENYLEPHRINE DOSAGE: 0.1 mg/lb/dose (0.2 mg/kg/dose) every 6 hours
- ADULT DOSAGE: 10 mg maximum
- FREQUENCY: Repeat every 6 hours as needed
- PROFESSIONAL USE ONLY: These instructions are for use only by physicians and nurses.
- 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: 0.1 mg/lb/dose (0.2 mg/kg/dose) every 6 hours

**AUTHOR AND COPYRIGHT**

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