

Subject: Diphenhydramine (Benadryl) Dosing

We recommend the following weight-based guidelines when dosing diphenhydramine:

Child's Weight	12.5 mg/5ml Liquid	12.5 mg chewable	25 mg Tablet
17-21 lbs	2.5 - 3.75 ml	Use liquid	Use liquid
22-32 lbs	3.75 - 5 ml	Use liquid	Use liquid
33-42 lbs	5 - 7.5 ml	1- 1 1/2 tablet	Use liquid or chews
43-53 lbs	7.5 - 10 ml	1 1/2 - 2 tablets	1 tablet
54-64 lbs	10 - 12.5 ml	2 - 2 1/2 tablets	1 tablet
65-75 lbs	10 - 15 ml	2 - 3 tablets	1 tablet
76-86 lbs	10 - 17.5 ml	2 - 3 1/2 tablets	1 tablet
>86 lbs	10 - 20 ml	2 - 4 tablets	1 - 2 tablets

Children over 86 lbs. may comfortably use the adult dosing recommendations.

Diphenhydramine is dosed every 4-6 hours as needed for allergic reactions and nasal congestion.

Because of its often sedating effects, the dose is presented as a range. For milder allergic symptoms, patients may prefer to use a lower dose. For more severe problems, the higher dose is safe and effective. Diphenhydramine is not intended to treat anaphylactic reactions. If you or your child are having difficulty breathing from an allergic reaction, you should immediately call 911. If you have been prescribed injectable epinephrine (Epi-pen) for emergency use, this may be the time to use it.

We do not recommend using diphenhydramine for children less than one year of age, unless directed by a physician.