

## COMMON MEDICATION DOSES

### Triaminic

1. Cough and Cold (Red box): Runny/stuffy nose and cough
2. Night Time Cough and Cold (Purple box): Runny/stuffy nose & Cough & helps with sleeping
3. Chest and Nasal Congestion (Yellow box): Chest congestion and stuffy nose
4. Cold and Allergy (Orange box): Itchy, watery eyes, runny/stuffy nose and sneezing

ALL of the above are dosed as follows:

- 6 months to 12 months:  $\frac{1}{4}$  tsp every 4-6 hrs as needed for symptoms.
- 1yr to 2 yrs:  $\frac{1}{2}$  tsp ml every 4-6 hrs as needed for symptoms.
- 2 yrs to 6 yrs: 1 tsp every 4-6 hrs as needed for symptoms.
- 6yrs to 12 yrs: 2 tsp every 4-6 hrs as needed for symptoms.

### Tylenol & Ibuprofen

Both of these are the Children's syrup formula (not infant drops)

Tylenol is given every 4 hrs and Ibuprofen is every 6 hrs for fever/fussiness.

- 10-19 lbs is  $\frac{1}{2}$  tsp
- 20-29 lbs is 1 tsp
- 30-39 lbs is 1 and  $\frac{1}{2}$  tsp
- 40-49 lbs is 2 tsp
- 50-59 lbs is 2 and  $\frac{1}{2}$  tsp
- 60-69 lbs is 3 tsp
- 70-79 lbs is 3 and  $\frac{1}{2}$  tsp
- 80 and above is adult dose

### Delsym

Used for a dry cough. Dose is every 12 hrs. only

- 2 to 6 yrs is  $\frac{1}{2}$  tsp
- 6-12 yrs is 1 tsp
- 12 yrs and older is 2 tsp