



Benadryl can help reduce your child’s symptoms during an allergic reaction. Benadryl, which is also available as generic **Diphenhydramine**, is an over-the-counter antihistamine for use during allergic reactions. Benadryl dosing is based on weight, **not age**. The following chart can help determine the correct dose for your child **based on your child’s weight**, but is no substitute for your doctor’s advice. Therefore, **you should always call the pediatrician if you have any questions**. Benadryl is available in liquid, chewable, and tablet forms. Chewable form may be a choking hazard and are not recommended for children under 18 months.

Use the following tips to keep your child safe and avoid over dosage:

- Benadryl is also a sedative and care must be taken not to overdose your child.
- Give every 6 hours as needed.
- Do not exceed 4 doses in 24 hours.
- Do not give Benadryl to children under 1 year without consulting with your doctor first.
- Always read label first, since different medicines have difference concentrations
- Always use measuring device (dropper or measuring cup) that comes with the medication or you could risk overdosing. Never use droppers from different medications or spoons from the kitchen.

Remember to call the pediatrician for:

- Children under 1 year old.
- If your child is flushed, coughing, drooling or having difficulty breathing call 911 and proceed to the nearest emergency room.

Following are the dosage recommendations:

| Child’s Weight | Liquid Benadryl (12.5 mg/ 5ml) | Benadryl Chewable Tablet (12.5 mg) | Benadryl Tablet (25 mg) |
|----------------|--------------------------------|------------------------------------|-------------------------|
| 17-21 lbs | .75 tsp (3.75 ml) | X | X |
| 22-32 lbs | 1 tsp (5 ml) | 1 chewable | X |
| 33-42 lbs | 1.5 tsp (7.5 ml) | 1.5 chewable | X |
| 43-53 lbs | 2 tsp (10 ml) | X | 1 tablet |
| 54-64 lbs | 2.5 tsp (12.5 ml) | 2 chewables | 1 tablet |
| 65-75 lbs | 3 tsp (15 ml) | 3 chewables | 1 tablet |
| 76-86 lbs | 3.5 tsp (17.5 ml) | 4 chewables | 1 tablet |
| >86 lbs | 4 tsp (20 ml) | 4 chewables | 2 tablets |