

Benadryl (Diphenhydramine), one of the oldest and most effective antihistamines, comes as 12.5 mg/tsp or 12.5 mg chewable tabs, and as 12.5 OR 25 mg tabs/capsules. It can be used for allergies, to dry up a runny nose, or for itching and hives. Benadryl usually makes children sleepy, but in about 5% of patients causes a "paradoxical" reaction and makes them hyperactive. (Don't try it for the first time when you are boarding an airplane with a toddler, in case they happen to be one of those 5%.) Benadryl should be given every 6 hours as needed. Since the medicine may make your child sleepy, some people try to use a slightly lower dose during the day, with the full dose given at night.

Benadryl			
Weight	Dose in mg	Liquid	Chewable
10-14 lbs	6.25 mg	½ tsp	
15-20 lbs	9.375 mg	¾ tsp	
21-25 lbs	12.5 mg	1 tsp	1 tablet
26-30 lbs	15.625 mg	1¼ tsp	1¼ tablet
31-35 lbs	18.75 mg	1½ tsp	1½ tablet
36-40 lbs	21.875 mg	1¾ tsp	1¾ tablet
Over 40 lbs	25 mg	2 tsp	2 tablets
Over 12 yrs	25-50 mg	2-4 tsp	2-4 tablets