



Diphenhydramine (Benadryl) Dose Table



When to use: Treatment of allergic reactions, nasal allergies, hives and itching.

Dosing: Find the child's **weight** in the top row of the dose table. Look below the correct weight for the dose based on the product you have.

Child's weight (pounds)	20-24	25-37	38-49	50-99	100+	lbs.
Liquid 12.5 mg/5 milliliters (mL)	4	5	7.5	10	--	mL
Liquid 12.5 mg/1 teaspoon (tsp)	$\frac{3}{4}$	1	1 $\frac{1}{2}$	2	--	tsp
Chewable 12.5 mg	--	1	1 $\frac{1}{2}$	2	4	tablets
Tablets 25 mg	--	$\frac{1}{2}$	$\frac{1}{2}$	1	2	tablets
Capsules 25 mg	--	--	--	1	2	caps

Age limits: For **allergies**, don't use under 1 year of age. Reason: it causes most babies to be sleepy. For **colds**, not advised at any age. Reason: no proven benefits. It should not be given if under 4 years old. If under 6 years, don't give products with more than one ingredient in them (FDA recommendation 2008).

Measure the dose: Syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medicine. If not, you can get a med syringe at a drug store. If you use a teaspoon, it should be a measuring spoon. Reason: regular spoons are not reliable. Keep in mind 1 level teaspoon equals 5 mL and $\frac{1}{2}$ teaspoon equals 2.5 mL.

How often: Repeat every 6 hours as needed.

Children's Benadryl Fastmelts: Each fastmelt tablet equals 12.5 mg. They are dosed the same as chewable tablets.

Website Source: SLCH <https://www.stlouischildrens.org/health-resources/dosage-tables/diphenhydramine-benadryl-dosage-table>

