

DOSING FOR COMMON OVER-THE-COUNTER ALLERGY MEDICATIONS

	Form/Concentration	Dose
Zyrtec (Cetirizine)	liquid suspension 5mg/5ml	Children 6-12 months: 2.5 mg (1/2 teaspoon) once a day Children 12-23 months: initially 2.5 mg (1/2 teaspoon) once daily, but may be increased to twice a day Children 2-5 years old: initially 2.5 mg (1/2 teaspoon) once a day. May be increased to a maximum of 5 mg a day either in a single dose or divided into two doses
	Chewable Tablet 5mg or 10mg Tablet 5mg or 10 mg	Children 6 years and older: 5-10 mg/day as a single dose or divided into 2 doses

	Form/Concentration	Dose
Claritin or Alavert (Loratadine)	liquid suspension 5mg/5ml	Children 2-5 years: 5mg or 1 teaspoon once daily
	5mg chewable tablet	Children 2-5 years: 5mg or 1 tablet once daily
	10 mg tablet	Children 6 years old and older and adults: 10 mg once daily or 1 tablet once daily

	Form/Concentration	Dose
Allegra (Fexofenadine)	liquid suspension 6mg/ml	6 months to < 2years: 15 mg or 2.5 ml (1/2 teaspoon) twice daily Children 2 - 11 years: 30mg or 5ml (1 teaspoon) twice daily
	30 mg Oral Disintegrating Tablet (ODT)	Children 2 - 11 years: 30 mg or 1 tablet twice daily
	Allegra Allergy 12 hour = 60 mg	Children 12 & older and adults: 60mg or 1 tablet twice daily
	Allegra Allergy 24 hour = 180 mg	Children 12 & older and adults: 180mg or 1 tablet once daily

Zaditor or Zyrtec Itchy Eyes (ketotifen)	1 drop to each eye up to twice a day
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