

OTC Medication Guide for Pediatrics

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ANYTIME After Hours

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OTC MEDICATION RECOMMENDATIONS PER SCHMITT/THOMPSON GUIDELINES

Updated 7/2023

Medication	Indication	Dosage	Special Instructions
<u>Benadryl</u> 12.5mg/5ml	Hives or itchy rash	12 months and older- 1mg/kg every 6-8 hours as needed Continue up to 12 hours after hives have resolved	May dose ages 6-12 months x1 prior to sending to ER for severe hives/reaction.
<u>Hydrocortisone</u> 1% Cream	Itchy rash	Apply to affected area 3 times a day	Do not apply to the face of infants
<u>Lotrimin</u> Antifungal Cream	Ringworm Diaper rash with suspected yeast	Apply to affected area 2 times a day	
<u>Claritin</u> _____	Hay fever / Seasonal allergies	Not recommended for patients less than 2 years of age. >2 years of age follow package instructions.	
<u>Cetirizine</u>	Hay Fever/Seasonal Allergies	6 months - 2 years of age: 2.5 mL every 24 hours. 2 years and older: follow package directions	
<u>Tylenol</u>	Discomfort, Fever >102	15mg/kg every 4 hours as needed	Infant and Children's is the same concentration. Do not exceed 5 doses in 24 hours
<u>Motrin</u>	Discomfort, Fever >102	10mg/kg every 6-8 hours as needed	Only in children 6 months and older Infants: 50mg/1.25mL Children: 100mg/5ml

<p><u>Miralax</u></p>	<p>Constipation</p>	<p>1-5 years of age - 1 tsp (5ml) in 2 oz liquid of choice</p> <p>6-12 years of age - 2 tsp (10ml) in 4 oz liquid of choice</p> <p>13 years and older - 3 tsp (15ml) in 6 oz liquid of choice</p> <p>Capful dosing: 1 capful equals about 3 teaspoons or 1 Tablespoon (15 ml). The cap comes with the product.</p>	
<p>Glycerin Suppository</p>	<p>Constipation</p>	<p>2 months to 1 year - ½ pediatric supp (cut lengthwise) or ½ liquid glycerin</p> <p>1-6 years of age - 1 pediatric supp or ½ Adult supp (cut lengthwise)</p> <p>6-12 years of age - 1 adult supp</p> <p>>12 years of age - 2 adult supp</p>	
<p><u>Liquid Antacid</u> (Maalox/Mylanta)</p>	<p>Mouth lesions or ulcers</p>	<p>1-6 years of age - put a few drops in the front of the mouth. Can also put it on with a cotton swab up to 4 times a day.</p> <p>>6 years of age - Swish and spit 5ml up to times a day as needed.</p>	
<p>Simethicone Drops (Mylicon)</p>	<p>"Gas pain" in infants</p>	<p>0.3mg every 2 hours as needed</p>	<p>May put directly in mouth or mix with bottle</p> <p>Do not exceed 12 doses per day</p>