

Dr. Sears
DIPHENHYDRAMINE (BENADRYL) DOSING CHART

Adapted from DrSears.com

WHAT IT'S USED FOR:

Benadryl is great for just about any cause of itching: insect bites, bee stings, poison ivy, chicken pox, and allergy. It is also good for the swelling that can sometimes accompany these reactions. Benadryl will also relieve runny nose and sneezing whether from a cold or allergy.

WARNING:

NEVER give Benadryl or any other sedatives to infants under 1 year of age for sleep. Do not allow daycare providers to give sedatives to your infants. Always consult your child's physician before using sedatives for sleep in children.

Dose every 4-6 hours:

Weight:	Liquid 12.5mg/5ml	Chewable Tablets 12.5mg each	Tablets 25mg each
17-21 lbs	3/4 tsp (3.75ml)	Use liquid	Use liquid
22-32 lbs	1 tsp (5ml)	1 tablet	Use liquid or chews
33-42 lbs	1 1/2 tsp (7.5ml)	1 1/2 tablet	Use liquid or chews
43-53 lbs	2 tsp (10ml)	2 tablets	1 tablet
54-64 lbs	2 1/2 tsp (12.5ml)	2 1/2 tablets	
65-75 lbs	3 tsp (15ml)	3 tablets	
76-86 lbs	3 1/2 tsp (17.5ml)	3 1/2 tablets	
>86 lbs	4 tsp (20ml)	4 tablets	2 tablets