



Pecan Tree Pediatrics
 Lakewood: 6301 Gaston Ave - Ste 125P, Dallas 75214 (214)214-3100
 Rockwall: 1005 W Ralph Hall Pkwy - Ste 135 & 145, Rockwall, 75082 (972)772-3100
 Wylie: 3360 West FM 544 - Ste 910, Wylie, 75098 (972) 429-4800
 Fax (for all locations) (469) 757-4890

ALLERGY OTC MEDICATIONS

Dosing For Common Over-The-Counter Allergy Medications

Consult a healthcare provider for infants <2 years of age.

Antihistamines can be used for allergies and allergic reactions.

	Form/Concentration	Dose
Zyrtec (Cetirizine)	Liquid suspension 5mg/5ml	<p>Children 6-12 months: 2.5 mg (1/2 teaspoon) once a day</p> <p>Children 12-23 months: initially 2.5 mg (1/2 teaspoon) once daily, but may be increased to twice a day</p> <p>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</p>
	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	<p>6 months to < 2years: 15 mg or 2.5 ml (1/2 teaspoon) twice daily</p> <p>Children 2 - 11 years: 30mg or 5ml (1 teaspoon) twice daily</p>
	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)	Dose
	1 drop to each eye up to twice a day