

PE D I A T R I C S

of
Northeastern Pennsylvania

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General Information 346-1464

Insurance/Billing 346-3218

POISON CONTROL 1-800-222-1222

PATIENT INSTRUCTIONS

Acetaminophen (Tylenol, Pediacare, generic) every 4 hours

Children's or Infants Liquid 2.5 ml (80mg) = 10 lbs. 5 ml (160mg) for every 20 lbs.

Ibuprofen (Motrin, Advil, generic) (6mths & older) every 6 hours

Infant Drops 1.25ml (50mg) for every 10 lbs. 2.5ml (100mg) = 20lbs.

Children's Liquid 5 ml (100mg) for every 20 lbs 10 ml (200mg) = 40 lbs.

PLEASE DO NOT ALTERNATE TYLENOL AND MOTRIN FOR FEVER !!

NO ALCOHOL BATHS OR RUBS. NO ICE BATHS FOR FEVERS!

COUGH/ NASAL CONGESTION

Vaporizer or Humidifier (cool mist is best for summer) (warm mist for winter).
Saline nose drops or nasal spray, 2 sprays each nostril four times each day.

DUE TO RECENT FDA GUIDELINE CHANGES- NO OVER THE COUNTER COUGH OR COLD MEDICATIONS SHOULD BE USED FOR CHILDREN < 4 YRS OLD.

Honey 1-2 tsp. 1 hour before bed is helpful for cough in children 12 mos. old or older.

Homeopathic remedies should be avoided (for all illness, not just colds). These "medications" are not subjected to any testing for safety or effectiveness, and are not subject to any regulatory oversight to ensure quality and/or safety.

SPECIAL INSTRUCTIONS:

PLEASE CALL IF YOUR CHILD'S CONDITION WORSENS, IF HE/SHE BECOMES LETHARGIC OR UNAROUSABLE, OR IF YOU HAVE FURTHER QUESTIONS.

ALLERGIES/HIVES:

Oral antihistamines:

Diphenhydramine (Benadryl or generic) – every 4-6 hours

5ml (12.5mg) for every 20 lbs. 10 ml (25 mg)= 40 lbs.

Fexofenadine (Allegra or generic) – every 12 hours

6 mos. – 2 yrs	2.5 ml (15mg) 2 x /day
2 yrs – 12 yrs	5 ml or 1 chewtab (30mg) 2 x/day
12 yrs and older	10 ml or 2 chewtabs (60mg) 2 x /day or 180mg adult tablet once daily

Loratadine (Claritin, Alavert or generic)

6 mos. – 2 yrs	2.5 ml (2.5mg) Daily
2-5 yrs	5ml (5 mg) Daily
6yrs and older	10 mg (either 10ml or 2 chewtabs or 1 adult tablet) Daily

Cetirizine (Zyrtec, PediaCare Allergy or generic)

2- 5 yrs	5mg (5ml) Daily
6yrs and older	10 mg (10 ml or chewtabs or adult tablet) Daily

Nasal Sprays

Fluticasone nasal spray (Flonase)

4 years and older: 1-2 sprays each nostril daily

Triamcinalone nasal (Nasacort)

2 – 5 years : 1 spray each nostril daily
6 years and older: 1-2 sprays each nostril daily

Eye Drops

Ketotifen ophthalmic (Visine All Day Eye Itch Relief, TheraTears Eye Itch Relief, Alaway, Zatidor, Zyrtec Itchy Eye Drops, generic)

3 years and older: 1 drop each eye twice per day

Pheniramine/naphazoline ophthalmic (Naphcon A, Opcon-A, Visine-A, generic)

6 years and older: 1-2 drops in each eye up to 4 times per day