

2nd Generation Anti-Histamine Dosage Table (choose one for environmental/seasonal allergies and hives)

- These are first line anti-histamine over Benadryl because they last longer and have less side effects

Cetirizine (Zyrtec)			
Child's Age	6 month – 2 years	2-5 years	6 years and older
Liquid Suspension: 5mg/5mL	2.5 mL daily	2.5-5 mL daily	5-10 mL daily
Chewable 2.5 mg tab	1 tab daily	1-2 tab daily	2-4 tab daily
Chewable 5 mg tab		½ - 1 tab daily	1-2 tabs daily
Chewable or adult 10 mg tab	--	--	1 tab daily

Loratadine (Claritin)			
Child's Age	6 month – 2 years	2-5 years	6 years and older
Liquid Suspension: 5mg/5mL	--	5 mL daily	5 mL twice a day or 10 mL daily
Chewable 5mg tab	--	1 tab daily	2 tabs daily
Reditab 24 hr 10mg tab for Juniors			1 tab daily
Reditab 12 hr 5mg tab for juniors			1 tab every 12 hours

Fexofenadine (Allegra)			
Child's Age	6 month – 2 years	2-11 years	12 years and older
Liquid Suspension 12 hr: 30mg/5mL	If < 10.5kg: 2.5mL every 12 hrs If >= 10.5kg: 5mL every 12 hrs	5 mL every 12 hours	10 mL every 12 hours
Dissolve Tab 12 hr: 30mg tab	--	1 tab every 12 hours	2 tabs every 12 hours
Adult Tab 12 hr: 60mg tab	--	--	1 tab every 12 hours
Adult Tab 24 hr: 180mg tab	--	--	1 tab daily

Levocetirizine (Xyzal)			
Child's Age	6 month – 5 years	6-11 years	12 years and older
Liquid Suspension 24 hr: 2.5mg/5mL	2.5 mL daily in the evening	5 mL daily in the evening	2.5-5 mL daily in the evening
Adult Tab 24 hr: 5mg	--	½ tab daily in the evening	½-1 tab daily in the evening