

OVER-THE-COUNTER-ANTIHISTAMINES

**Standard Dosing; Doses may be higher for certain conditions based on your doctor's recommendation.

Medication Name	Costco Equivalent	Child 2-5 yrs	Child 6-12 yrs	Adults > 12 yrs
Generic ● Brand name				
Loratadine ● Claritin/AllerClear (liquid, chewable tabs, oral dissolving tabs, gel caps, tabs)		2.5-5 mg once daily	5-10 mg once daily	10 mg once daily
Fexofenadine ● Allegra/Aller-Fex (liquid, oral dissolving tabs, gel caps, tabs)		30 mg twice daily or 60 mg once daily	30 mg twice daily or 60 mg once daily	180 mg once daily
Cetirizine ● Zyrtec/Aller-Tec (liquid, oral dissolving tabs, gel caps, tabs)		2.5-5 mg once daily	5-10 mg once daily	10 mg once daily
Levocetirizine ● Xyzal (liquid, tabs)		1.25 mg once daily	2.5 mg once daily	5 mg once daily

BENADRYL/DIPHENHYDRAMINE DOSAGE BY WEIGHT IN POUNDS (#)

	11-16 #	17-21 #	22-27#	28-32 #	33-38 #	39-43 #	44-54 #	55-65 #	66-76 #	77-89 #	>90 #
Liquid 12.5 mg/5 ml	1/2 tsp (2.5 ml)	3/4 tsp (3.75 ml)	1 tsp (5 ml)	1-1/4 tsp (6.25 ml)	1-1/2 tsp (7.5 ml)	1-3/4 tsp (8.75 ml)	2 tsp (10 ml)	2-1/2 tsp (12.5 ml)	3 tsp (15 ml)	3-1/2 tsp (17.5 ml)	4 tsp (20 ml)
Chewable 12.5 mg	—	—	1 chew	1 chew	1-1/2 chew	1-1/2 chew	2 chew	2-1/2 chew	3 chew	3-1/2 chew	4 chew
Capsule or Tablet 25 mg each	—	—	—	—	—	—	1 tablet or capsule	1 tablet or capsule	1-1/2 tablet or capsule	1-1/2 tablet or capsule	2 tablet or capsule

Benadryl/Diphenhydramine can be dosed every 6 hours.

1 teaspoon (tsp) = 5 ml

1/2 teaspoon = 2.5 ml



OVER-THE-COUNTER STEROID NASAL SPRAYS & ANTIHISTAMINE EYE DROPS

Medication Name <i>Generic</i> ● Brand name	Costco Equivalent	Child Dosing	Adult Dosing (>12 years)
Fluticasone propionate ● Flonase/Aller-Flo/ ClariSpray/FlutiCare		4-11 yrs: 1 spray/nostril once a day	1-2 spray/nostril once a day
Fluticasone furoate ● Flonase Sensimist (formerly Veramyst)		2-11 yrs: 1 spray/nostril once a day	1-2 spray/nostril once a day
Budesonide ● Rhinocort		6-11 yrs: 1-2 spray/nostril once a day	6-11 yrs: 1-2 spray/nostril once a day
Triamcinolone acetonide ● Aller-Cort/Nasacort		2-5 yrs: 1 spray/nostril once a day 6-11 yrs: 1-2 spray/nostril once a day	1-2 spray/nostril once a day
Ketotifen ● Alaway/Zaditor		DOSING >3 years of age 1 drop/eye twice a day every 8-12 hrs; no more than twice per day	
Olopatadine ● 0.2% Pataday Once Daily Relief ● 0.1% Pataday Twice Daily Relief		DOSING >2 years of age Pataday Once Daily Relief: 1 drop/eye once a day Pataday Twice Daily Relief: 1 drop/eye twice a day	

