

## BURGESS PEDIATRICS

### Guidelines for OTC Fever/Pain Medications



Most over-the-counter (OTC) medicine doesn't tell you exactly how much to give your baby. In fact, the directions will often tell you to ask a Doctor. As always, you can always give us a call when your baby is sick.

However, we also wanted to provide some useful information on dosing for

Acetaminophen (brand names Tylenol, Little Fevers, etc.) and Ibuprofen (brand names Motrin, Advil etc.)

### Picking the Right Concentration

Finding the right bottle of medication can be a little tricky. Bottles are sorted into "Infant" and "Child" liquids. The infant forms usually have a dropper, and the child forms a cup. To use a dosing chart (see links and charts below), you first need to know the concentration of the bottle. The concentration information is usually listed on the front of the box.

Children's and infant Tylenol (acetaminophen) now have the same concentration (160mg/5mL), while infant Advil/Motrin (ibuprofen) is twice as concentrated as children's Advil/Motrin (ibuprofen).



**Acetaminophen comes as 160mg/5mL**

**Ibuprofen comes in 2 strengths: Infant drops – 50mg/1.25mL**

**Children's liquid – 100mg/5mL**

Make sure you know the correct dose for the product you're giving.

### What Should I Use to Give the Dose?

The best thing to do is **use the dropper or cup included with the medication**. Just make sure you give the correct amount according to the dosing table.

### Important Information:

1. If your child is less than 2 months old and has a rectal temperature higher

than 100.4, call the office before going any further.

2. **Be sure to keep track of the times you give each dose. Writing down your child's temp/medication/dose/time given is our best advice, and greatly reduces the chance of overdosing your child.** Acetaminophen can be given up to every 4-6 hours and ibuprofen can be given every 6-8 hours. Be careful — children can overdose if the doses are given too close together.
3. **If you have severe symptoms not controlled by one medication alone, some people prefer to alternate ibuprofen and acetaminophen.** This can be done most safely by giving a dose of medication every 3 hours. Here's an example: give ibuprofen at 9am, give acetaminophen at 12pm, give ibuprofen at 3pm, etc. This keeps each drug's minimum interval intact, and you won't overdose either medication.
4. **Typically, ibuprofen is for children over 6 months of age.** Please discuss with your doctor if your baby is less than 6 months old.
5. **Acetaminophen rectal suppositories** are available for children who are unable to take oral medications due to vomiting. Sometimes pharmacies keep these in the refrigerator, so ask at the pharmacy counter. However, **if your child is sick to the point that he/she can't keep anything down and also has a fever, please call the office so we can assess your child.**

## DOSAGE TABLES BY WEIGHT

### ACETAMINOPHEN (Tylenol)

Weight	Tylenol Milligram Dosage	Tylenol Infant/Children's Liquid 160 mg/5ml	Tylenol Chewables 80mg each	Tylenol Junior 160mg each
6-11 lbs.	40 mg	1.25 mL (1/4 tsp)	N/A	N/A
12-17 lbs.	80 mg	2.5 mL (1/2 tsp)	N/A	N/A
18-23 lbs.	120 mg	3.75 mL (3/4 tsp)	N/A	N/A
24-35 lbs.	160 mg	5 mL (1 tsp)	2 tabs	1 tab
36-47 lbs.	240 mg	7.5 mL (1 1/2 tsp)	3 tabs	1 1/2 tabs

### IBUPROFEN (Motrin/Advil)

Weight/Age	Motrin Milligram Dosage	Motrin Infant Drops 50mg/1.25 ml	Motrin Children's Liquid 100 mg/5 ml	Motrin Chewables 50mg each	Motrin Junior 100mg each
11-16 lbs.	50 mg	1.25 mL (1 dropper)	2.5 mL (1/2 tsp)	N/A	N/A
17-21 lbs.	75 mg	1.875 mL (1.5 droppers)	3.75 mL (3/4 tsp)	N/A	N/A
22-32 lbs.	100 mg	2.5 mL (2 droppers)	5mL (1 tsp)	2 tabs	1 tab
33-43 lbs.	150 mg	3.75 mL (3 droppers)	7.5 mL (1 ½ tsp)	3 tabs	1 ½ tabs
44-54 lbs.	200 mg	N/A	10 mL (2 tsp)	4 tabs	2 tabs
55-65 lbs.	250 mg	N/A	12.5 mL (2 ½ tsp)	5 tabs	2 ½ tabs
66-88 lbs.	300 mg	N/A	15 mL (3 tsp)	6 tabs	3 tabs

### Helpful Tips:

- 1. Syringes and droppers are more accurate than teaspoons.** When possible, use the dropper, syringe or cup that came with the medicine.
- 2. To give liquid medications to babies/toddlers, try using a syringe and putting a drop or two in between the gums/molars every couple of minutes until the full dose is given.** Also, if your child vomits within 15 minutes of giving the medication, you can repeat that dose.
- 3. Be sure to keep track of the times you give each dose. Write it down!**

*As always, if you have any questions or concerns, just give us a call in the office anytime.*