

Disease	Drug	Adult Dosing	Pediatric Dosing	Counseling/Clinical Pearl
<b>Allergies</b>	<b>Cetirizine</b> (Zytec)	5-10 mg PO QDay	5-10 mg PO QDay (>6 yo) 2.5-5 mg PO QDay (2-5 yo) 2.5 mg PO QDay (6-23 mo)	-No alcohol -No activities requiring mental alertness until drug effects are known -Dry mouth, HA, somnolence, and fatigue <b>-Once a day dosing</b>
	<b>Fexofenadine</b> (Allegra, Allegra ODT)	60 mg PO BID OR 180 mg PO QDay	30 mg PO BID (2-11 yo) 60 mg PO BID (>12 yo)	-No activities requiring mental alertness or coordination until drug effects are known -May cause indigestion, dizziness, HA, sleepiness, irregular menses, or tiredness. -Take with water only. -Take antacids 30 min before or after
<b>Cough</b>	<b>Dextromethorphan</b> ( Robitussin, Vicks 44 Cough Relief)	10-20 mg PO Q4H or 30 mg PO Q6-8H SR: 60 mg BID	5-10 mg PO Q4H or 15 mg Q6-8H (6-12 yo) 2.5-5 mg PO Q4H or 7.5 mg Q6-8H (2-6 yo) SR: 30 mg BID (6-12 yo) SR: 15 mg BID (2-6 yo)	-Interacts with MAOIs. -No activities requiring mental alertness or coordination until drug effects are known <b>-Start low and go slow with the elderly</b>
	<b>Guaifenesin</b> ( Mucinex, Robitussin, Antitussin)	200-400 mg PO Q4H	-100 - 200 mg Q4H (6 - 12 yo) 50 - 100 mg Q4H (2 - 6 yo)	-May cause dizziness, somnolence, or fatigue N/V, Dizziness, HA, rash, diarrhea, drowsiness, stomach pain -Take with plenty of fluids
<b>Cold and Congestion</b>	<b>Phenylephrine</b> ( Neo-Synephrine, Neofrin, Nostril, Vicks Sinex)	10-20 mg PO Q4H	10 mg PO Q4H (6-12 yo) 5 mg PO Q4H (2 to 6 yo)	-Avoid activities requiring mental alertness: may cause dizziness and somnolence, especially in children and elderly
	<b>Pseudoephedrine</b> (Sudafed)	60 mg PO Q4-6H SR: 120 mg PO BID or QDay	30 mg PO Q4-6H (6-12 yo) 15 mg PO Q4-6H (2 to 6 yo)	-Interacts with MAOIs -May cause, insomnia, anxiety, nervousness, and restlessness - Do not take at or near bedtime
<b>Insect bites</b>	<b>Diphenhydramine Topical</b>	apply to affected area TID to QID	apply to affected area TID to QID	-May cause skin rash -Use for no longer than 7 days
	<b>Hydrocortisone Topical</b>	apply a thin film to affected area as	apply a thin film to affected area as BID to QID	may use cover dressings in difficult to treat conditions

		BID to QID		
<b>Constipation</b>	<b>Polyethylene Glycol 3350</b> (Miralax)	17 g (about 1 tbs) PO QDay in 4 to 8 ounces of water or beverage	<b>&gt;6 mo</b> 0.5-1.5 g/kg QDay (initial dose 0.5 g/kg; titrate to effect) Maximum dose: 17 g/day	-Diarrhea, gas, nausea, stomach cramps, or swollen abdomen -Onset may take 2 to 4 days -Safe in pregnancy
	<b>Magnesium hydroxide</b> (milk of magnesia)	15 to 40 mL taken with liquid	<b>6-12 yo</b> 5 mL PO QDay (Max: 15 mL/day). Gradually reduce dose as bowel function improves	-May cause dizziness and poor reflex <b>-Quick onset: 0.5-3 hrs</b>
<b>Diarrhea</b>	<b>Loperamide</b> (Imodium)	4 mg PO, then 2 mg after each loose stool. Max. 16 mg/day	<b>Day 1</b> -(2 to 5 yo, 13 to 20 kg) 1 mg PO TID -(6 to 8 yo, 20 to 30 kg) 2 mg PO BID -(8 to 12 y, greater than 30 kg) 2 mg PO TID <b>Subsequent days</b> -(2 to 12 y) 1mg/10kg PO after a loose stool	-No activities requiring mental alertness until effect is known -Nausea, vomiting, dry mouth, dizziness, somnolence, or fatigue -Drink plenty of water
	<b>Bismuth Subsalicylate</b>  (Pepto Bismol, Kaopectate)	524 mg PO Q0.5- 1H, up to a maximum of 8 doses/day (4192 mg/day)	-3-6 yo: 87 mg PO Q0.5-1H (Max. 700 mg/day -6-9 yo: 175 mg PO 0.5-1H Max.1400 mg/day -9-12 yo: 262 mg PO Q0.5-1H up to a Max. 2100 mg/day -≥12 yo: 524 mg PO 0.5-1H Max. 4192 mg/day	-Avoid in children or teenagers with viral infections -May cause a temporary, harmless darkening of the tongue and/or stool. -Constipation, diarrhea, nausea, or vomiting <b>-DOC for Traveler's Diarrhea</b>
	<b>Omeprazole</b>	20 mg PO QDay	<b>≥1 yo</b>	-Take at least 1 hour before a meal

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<b>Acid Reflux</b>	(Prilosec OTC)	for up to 4 weeks	5 mg PO QDay (5 -≤10 kg); 10 mg PO QDay (10-<20 kg); 20 mg PO QDay (≥20 kg)	-Can sprinkle capsule contents on applesauce and swallow -Multiple drug-drug interactions -Risk of bone fracture (hip, wrist, or spine).
	<b>Ranitidine</b> (Zantac)	150 mg PO BID	5-10 mg/kg/day PO in 2 divided doses (1 mo -16 yo)	-take 30 to 60 minutes before offending foods/drinks - Safe in infants ≥1mo
<b>Fever /Pain</b>	<b>Acetaminophen</b> (Tylenol)	650 - 1000 mg PO Q 4-6h (Max 4g/day)	10-15 mg/kg Q4-6h (Max 2.4 g/day)	risk of liver injury especially in alcoholics and when taken with other Tylenol containing medicines -Can be used for infants > 2 months old -Safe in pregnancy and breastfeeding
	<b>Ibuprofen</b> ( Advil, Motrin)	200 - 400 mg PO Q 4 - 6 h (Max 1.2 g/day)	5 - 10 mg/kg Q 6 - 8 h (Max 4 doses/ 24 hr)	-Risk of GI bleed -Can be used for infants > 6 months old
<b>Acne</b>	<b>Benzoyl peroxide 2.5-10 %</b> ( Acne, Acne 10 Gel, Acne Wash, Benzac, Benzagel)	apply 2.5% to 10% concentration TOPICALLY once or twice daily	safety and effectiveness in children not established	-Avoid contact with eyes, lips, mucous membranes, or highly inflamed skin -Avoid sun exposure and skin irritation e.g. cold wind --Use sunscreen  -May cause redness or a burning/stinging sensation of skin - May cause bleaching of hair or clothing - Start low and go slow
	<b>Salicylic Acid 0.5%-2%</b>	apply 0.5%-10% TOPICALLY in concentrations of 0.5% to 10%	Not indicated for treatment of acne in children	-Avoid prolonged use over large skin areas -May cause redness, itching, stinging, burning, or irritation of skin  -Improvement may not be seen for up to 6 weeks  -Avoid exposure to eyes, nose, mouth, or broken/injured skin areas

**Common Conditions and Recommended Over the Counter (OTC) Treatments**

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