

Over the Counter Medications

For Allergies and Hives

- **Diphenhydramine (Benadryl or other store brands)**--Comes in 12.5mg or 25 mg tablets taken every 6 hours; liquid 12.5mg per 5 ml (tsp), or chewable 12.5 (see dosing chart on our website)
- **Loratadine (Claritin or other store brands)**-- Comes in liquid 5mg/5ml, 5mg or 10mg chewable or Reditab/Dissolvable; and 10mg tablet. **Dosage:** Children 2-5 years old: 5mg chewable once a day or 1 teaspoon once a day; Children 6 years old and older: 2 teaspoons once a day or 10mg chewable once a day or 10mg tablet once a day.
- **Cetirizine (Zyrtec or other store brands)**--Comes in liquid 5mg per 5 ml, 5mg or 10mg chewable tablet or 10mg tablet. **Dosage:** Children 6-12 months 2.5 ml (1/2 tsp) per day. Children 12-23 months 2.5ml or 1/2 tsp once a day but can increase to ½ tsp twice a day; Children 2-5 years old 2.5 ml or ½ tsp once a day but can increase to a max of ½ tsp twice a day; Children 6 and up: Chewable 5 mg or 10 mg start with 5mg once a day but can increase to 5 mg twice a day or 10mg once a day.
- **Fexofenadine (Allegra or other store brands)**--Comes in liquid 6mg/ml, chewable 30mg tablet, and tablets 60mg or 180 mg. **Dosage:** Children 6 months to 2 years old: Allegra suspension 6mg/ml ½ teaspoon twice a day; Children 2-11 years old: Allegra Liquid 6mg/ml 1 teaspoon twice a day or 30mg Dissolvable tablet 1 tablet twice a day; Children 12 and older-180mg tablet once a day or 60mg tablet one tablet twice a day;
- **Flonase nasal spray**--1 to 2 sprays each nostril once a day
- **Nasocort nasal spray**-- 1 to 2 sprays each nostril once a day

For Eyes

Be very careful not to use any decongestant drops that "get the red out"

- **Allergies: Alaway or Zaditor**-- 2 drops twice a day as needed for itchy eyes
- **Lubricating eye drops: Artificial tears, Blink tears**--use as needed for relief

For Skin

- **For inflammation or itching**
 - **Hydrocortisone** (Cortaid or other store brands) 0.5 or 1% ointment. **Dosage:** used 2-3 times per day for 1 week only then give skin a break. Prolonged steroid use can cause loss of pigment of the skin, stretch marks and discoloration of the skin.
- **Moisturizer** (creams work better than lotions)
 - **Vanicream** (behind counter, but no prescription needed), **Eucerin, Cetaphil or Cerave Cream.**
- **Soaps**
 - **Dove Sensitive Skin Soap, Vanicream, Cetaphil or Cerave Soap**
- **Fungal infections** (ringworm/athletes foot)
 - **Terbinafine (Lamisil)**--use twice a day for 2-6 weeks. Use for 1 week after lesion is gone.
 - **Benzylamine (Lotrimin)**--use twice a day for 2-6 weeks
- **Dandruff/ cradle cap**
 - **Selsun blue, Head and Shoulders, or Neutrogena T/Gel**--usually twice weekly.

Over the Counter Medications

For Constipation

- **Probiotics: Florajen4Kids or Culturelle Kids**--once a day for 2 months old and up; **Culturelle, Align, Florajen 3**--one capsule per day. Refrigerate Florajen products for maximum potency. Can be stored at room temperature for up to 2 weeks while traveling and still maintain effectiveness.
- **Miralax** --one capful: line on inside of cap (17 grams) in 8 oz of Juice- apple or prune work best.
- **Little Tummies- senna**--one dropper (0.75) twice a day or **Pedia-lax dissolvable strips**--one strip daily

For Severe Constipation/Encopresis (only if instructed by your doctor):

- **Pedia-Lax Enema or Fleets pediatric enema**--use one every 12 hours x3. Never use suppositories.

For Muscle Inflammation

- Naproxen (**Aleve**) -- 1 tablet (200 mg) every 12 hours with food.

For Ear Wax

- **Debrox or Cerumenex or Hydrogen Peroxide or Sweet Oil:** Lie child down; pull back on the ear gently to open up the ear canal. Place enough drops of the medicine in the ear to fill the ear canal. After using the ear drops, use a small piece of cotton to plug the ear and keep the medicine from draining out. Leave this cotton in place for at least 15 minutes. Wipe away the excess liquid from the outside of the ear as quickly as possible. Remove the cotton from ear and prepare a bulb syringe by filling it with warm water. Place the tip of the syringe into ear and gently squeeze (do not squirt) the water into ear. Lean over a sink with the ear downward so that the water and wax can drain out freely. This may need to be repeated daily for a week.

When You Go on Antibiotics and for Good Digestion, Use Probiotics:

- **Florajen4Kids or Culturelle Kids** for 2 months old to 1 years old-- take one a day; 1 year old and older--take once a day or twice a day. Refrigerate Florajen4Kids for maximum potency. Can be stored at room temperature for up to 2 weeks while traveling and still maintain effectiveness.
- **Culturelle, Align, Florajen 3** for kids 12 years old and older-- take one capsule once or twice a day. Refrigerate Florajen 3 for maximum potency. Can be stored at room temperature for up to 2 weeks while traveling and still maintain effectiveness.

** do not take probiotics within 4 hours of the antibiotic and take for 3 weeks during and after the course of the antibiotic

For Overall Good Health and Improved Immune System:

- **Multivitamin with Iron chewable or capsule**--once a day
- **Vitamin D3 400 IU/drop, 1000 IU capsule, 2000 IU capsule** daily--for dose consult your doctor
- **Omega 3 Fatty Acid-EPA and DHA** daily--for dose consult your doctor