

OVER THE COUNTER SEASONAL ALLERGY MEDICATIONS

	Non-sedating oral antihistamine	Sedating oral antihistamine	Nasal sprays	Eye drops
Medications	Cetirizine (Zyrtec) Loratidine (Alavert, Claritin)	Diphenhydramine (Benadryl)	Budesonide (Rhinocort) Fluticasone (Flonase) Triamcinolone (Nasacort)	Olopatadine (Pataday, etc) Ketotifen (Zaditor, etc)
How often/when	Once/day in the AM	Every 6 hours as needed, especially useful at bedtime	Dosed once/day	One drops in both eyes twice/day
Dosing	Dosed by age: Ages 6 months to 2 years: 2.5mg (2.5ml children's liquid) Ages 2-6: 5mg (5ml children's liquid) Ages 6+: 10mg once/day (10mg tab or 10ml children's liquid)	Dosed by weight: 12-21lb: 6.25mg (2.5ml children's liquid) 22-32lb: 12.5mg (5ml children's liquid) 33-43lb: 18.75mg (7.5ml children's liquid) 44-88lb: 25mg (25mg tab or 10ml children's liquid)	Dosed by age: Ages 2-6: 1 squirt each nostril Ages 6-12: 1-2 squirts each nostril Ages 12+: 2 squirts each nostril	Dosed by age: Ages 2+: Olopatadine Ages 3+: Ketotifen

Updated 6/7/2024