

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 |

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