

## OVER THE COUNTER SEASONAL ALLERGY MEDICATIONS

	<b>Non-sedating oral antihistamine</b>	<b>Sedating oral antihistamine</b>	<b>Nasal sprays</b>	<b>Eye drops</b>
Medications	<b>Cetirizine</b> (Zyrtec) OTC  <b>Loratidine</b> (Alavert, Claritin) OTC	<b>Diphenhydramine</b> (Benadryl) OTC	<b>Budesonide</b> (Rhinocort) OTC <b>Fluticasone propionate</b> (Flonase) OTC <b>Triamcinolone</b> (Nasacort) OTC	<b>Ketotifen</b> (Zaditor, etc) OTC
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	Ages 3+