

Diphenhydramine Dosing Table

Diphenhydramine (also known as Benadryl®) is a medicine used to treat allergic reactions, hives ([/English/health-issues/conditions/skin/Pages/Hives.aspx](#)) and allergies that affect the nose (called nasal allergies).

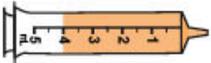
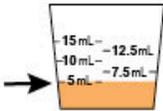
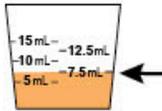
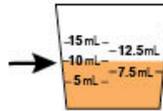
It is an "over-the-counter" medicine ([/English/safety-prevention/at-home/medication-safety/Pages/Using-Over-the-Counter-Medicines-With-Your-Child.aspx](#)), meaning that you can get it without a doctor's prescription. There are other medicines like diphenhydramine that might be safer for young children.

The table* below can help you figure out the right amount of diphenhydramine to give. Use your child's weight to decide on the right amount. You can find the weight in the top row of the chart.

How to give the right amount of DIPHENHYDRAMINE (also known as Benadryl) is different depending on which type of Diphenhydramine you plan to give.

Dose: Give every 6 hours if needed. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.**
Do **NOT** use with any other medicine with diphenhydramine in it.



Weight →	20 to 24 pounds (about 9 to 10 kilograms)	25 to 37 pounds (about 11 to 16 kilograms)	38 to 49 pounds (about 17 to 22 kilograms)	50 to 99 pounds (about 23 to 45 kilograms)	100 pounds or more (46 kilograms or more)
Children's Liquid Diphenhydramine (12.5 mg / 5 mL)	4 mL 	5 mL 	7.5 mL 	10 mL 	—
Children's Diphenhydramine Chewable Tablets (12.5 mg)	—	1 tablet 	1 ½ tablets 	2 tablets 	4 tablets 
Diphenhydramine Tablets (25 mg)	—	½ tablet 	½ tablet 	1 tablet 	2 tablets 
Diphenhydramine Capsules (25 mg)	—	—	—	1 capsule 	2 capsules 

Do not give to children less than 2 years of age.

Do not give to children 2 to 6 years of age unless your doctor tells you to.

*Table notes:

- **Age of child:** Do not give diphenhydramine to children less than 6 years of age unless your child's doctor tells you to. There are other medicines that are like diphenhydramine but will not make your child sleepy (like loratadine, cetirizine, fexofenadine) that can be bought without a prescription and are safer for young children.
- **Measuring the dose for liquid medicines (/English/safety-prevention/at-home/medication-safety/Pages/Using-Liquid-Medicines.aspx) (should be in "mL" or metric units):** It is easier to give the right amount of medicine when using a syringe than when using a kitchen teaspoon or tablespoon. Use the tool that comes with the medicine. If a tool does not come with the medicine, ask your pharmacist for one.

- **How often to give the medicine (frequency):** You can give diphenhydramine every 6 hours as needed.
- **Adult dose:** 50 mg
- **Side effects:** This medicine can make a child sleepy. Some children, however, may get more excited and active instead of getting sleepy. Because this medicine can make people sleepy, it is important to be careful when driving or using heavy machines after taking this medicine. This is especially important for teens who are driving.

More information

- [How to Use Liquid Medicines for Children \(/English/safety-prevention/at-home/medication-safety/Pages/Using-Liquid-Medicines.aspx\)](/English/safety-prevention/at-home/medication-safety/Pages/Using-Liquid-Medicines.aspx)
- [Using Over-the-Counter Medicines With Your Child \(/English/safety-prevention/at-home/medication-safety/Pages/Using-Over-the-Counter-Medicines-With-Your-Child.aspx\)](/English/safety-prevention/at-home/medication-safety/Pages/Using-Over-the-Counter-Medicines-With-Your-Child.aspx)
- [AAP Allergy Tips \(/English/health-issues/conditions/allergies-asthma/Pages/AAP-Allergy-Tips.aspx\)](/English/health-issues/conditions/allergies-asthma/Pages/AAP-Allergy-Tips.aspx)
- [Create an Allergy and Anaphylaxis Emergency Plan \(/English/health-issues/conditions/allergies-asthma/Pages/Create-an-Allergy-and-Anaphylaxis-Emergency-Plan.aspx\)](/English/health-issues/conditions/allergies-asthma/Pages/Create-an-Allergy-and-Anaphylaxis-Emergency-Plan.aspx)

Last Updated 10/21/2021

Source American Academy of Pediatrics Council on Quality Improvement and Patient Safety (Copyright © 2021)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.