



Appendix 1

Viral Infection "Cold" Treatment for Children less than 6 months old

Prepared for you by Branson Clinic, LLC

(Revised January 4, 2006)

*If your child is less than 3 months old, he or she should be seen by the physician prior to any over the counter treatment. **Any child less than 3 months old with a fever greater than 100.4 should be seen by a physician immediately.***

Fluid Intake

Sometimes when babies are sick the breast milk or formula will be too thick and they will have difficulty drinking. Giving them less milk and supplementing with pedialyte can help them stay hydrated. Pedialyte should not substitute for milk more than 2 days in a row without your child being seen by the physician.

Nasal Saline Drops

Brand names: Little Noses, Ocean Nasal Spray, Ayr Baby

These drops contain soothing saline solution and can be very beneficial in helping your baby feel better. To use this, fill one side of the nose with the saline drops. After 1 minute use the suction bulb to suck out the loosened mucus. You will need to block one nostril while suctioning the other. You can repeat this procedure as often as needed to clear the congestion. Do this procedure at least 4 times daily. A cool mist vaporizer will also help to keep the mucus membranes moist, cutting down on congestion.

Decongestant Drops

Brand names: Little Noses decongestant drops

These drops have a decongestant medicine in them and they need to be limited, unlike the nasal saline drops above. Only use these drops when okayed by the doctor. To use these drops, you will place 2 drops in each nostril 2-3 times daily. It is important that you do not exceed the recommended dose of this medicine.

Acetometaphin and Ibuprofen

Brand names: acetometaphin, Tylenol, ibuprofen, Motrin, Advil

Acetaminophen Dosage Information

Dosages may be repeated every **six to eight hours**, but should not be given more than four times in twenty-four hours.

Age*	Weight**	Drops	Elixir
0 to 3 months	6 to 11 lbs. (2.7 to 5 kg)	0.4 ml (1/2 dropper)	--
4 to 11 months	12 to 17 lbs. (5.5 to 7.7 kg)	0.8 ml (1 dropper)	1/2 tsp.
12 to 23 months	18 to 23 lbs. (8.2 - 10.5 kg)	1.2 ml (1 1/2 dropper)	3/4 tsp. (3.75 ml)
2 to 3 years	24 to 35 lbs. (10.9 to 15.9 kg)	1.6 ml (2 droppers)	1 tsp. (5 ml)

(Note: Milliliter is abbreviated as ml; 5 ml equals 1 teaspoon [tsp]. Don't use household teaspoons, which can vary in size.)

*Remember that your child's weight, not his age, determines how much medicine your child should get. If your baby weighs more than the weight range for his age group, check with your doctor before giving him the next highest dose.

Ibuprofen Dosing Information

Dosages may be repeated every **six to eight hours**, but should not be given more than four times in twenty-four hours.

Important note for Ibuprofen infant and pediatric drops dosage:

Note: as of February 2003, Motrin changed their dropper to a syringe that is identical to the Advil syringe. The old dropper was like the Pediacare Fever Drops - if you have the old dropper, just follow the instructions for the Pediacare drops, below.

Different dropper sizes: Pediacare Fever Drops come with a 1.25ml (¼ tsp) dropper, whereas Motrin and Advil Infant's Drops come with a 1.875ml syringe for dosing. The amount you are giving is the same, you are just giving it in a different sized dropper.

- **Pediacare:** ½ dropper = 0.625ml, and 1 dropper = 1.25ml
- **Advil/Motrin Infant drops:** 1/3 syringe = 0.625ml, 2/3 syringe = 1.25ml, and 1 syringe = 1.875ml.

Don't let the dropper/syringe difference confuse you. The milligram amount you are giving is the same, you are just giving it in a different sized syringe.

If you're in doubt about how much to give, you can use the milligram dosage column on the left to double-check yourself.

Weight:	Milligram Dosage	Pediacare drops 50mg/1.25ml	Advil/Motrin Drops 50mg/1.25ml	Children's liquid 100mg/5ml
9-10 lbs >3 months	25mg	½ dropper (0.625)	1/3 syringe (0.625ml)	N/A
11-16 lbs	50mg	1 dropper (1.25ml)	2/3 syringe (1.25ml)	½ tsp (2.5ml)
17-21 lbs	75mg	1 ½ dropper (1.25ml + 0.625ml)	1 syringe (1.875ml)	¾ tsp (3.75ml)
22-26 lbs	100mg	2 droppers (2 x 1.25ml)	1 1/3 syringe (1.875ml + 0.625ml)	1 tsp (5ml)
27-32 lbs	125mg	2 ½ droppers (2 x 1.25ml + 0.625ml)	1 2/3 syringe (1.875ml + 0.125ml)	1 ¼ tsp (6.25ml)
33-37 lbs	150mg	3 droppers (3 x 1.25ml)	2 syringes (2 x 1.875ml)	1 ½ tsp (7.5ml)