Cardinal Pediatrics

Antihistamine Dosing for Allergies and Hives

- **Once-daily dosing unless noted**.
- Use **only one antihistamine** at a time.
- Always double-check concentration on the bottle.

Cetirizine (Zyrtec®)

AGE	Dose	MAX DAILY DOSE
6 - 23 months	2.5 mg once daily	2.5 mg
2 - 5 years	2.5 mg once daily (may increase to 5 mg/day)	5 mg
6-11 years	5 - 10 mg once daily	10 mg
≥ 12 years	10 mg once daily	10 mg
Common formulations • Liquid: 1 mg/mL or 5 mg/5 mL • Chewable: 5 mg • Tablet: 10 mg	Note: Slightly more sedating than loratadine/fexofenadine in some kids	

Loratadine (Claritin®)

AGE	Dose	MAX DAILY DOSE
2 - 5 years	5 mg once daily	5 mg
6-11 years	10 mg once daily	10 mg
≥ 12 years	10 mg once daily	10 mg
Common formulations • Liquid: 5 mg/5 mL • Chewable: 5 mg • Tablet: 10 mg	Note: Least sedating for many patients	

Fexofenadine (Allegra®)

AGE	Dose	MAX DAILY DOSE
6 months - 2 years	15 mg twice daily	30 mg
2-11 years	30 mg twice daily	60 mg
≥ 12 years	60 mg twice daily OR 180 mg once daily	180 mg
Common formulations • Liquid: 30 mg/5ml • Tablet: 30 mg, 60 mg, 180 mg	Note: Least sedating overall **Avoid giving with fruit juice** due to decreased absorption	