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OVER THE COUNTER MEDICATIONS:

Eye Drops

Ketotifen (Zaditor, Alaway, Claritin Eye, Zyrtec Itchy Eye)
>3 years: 1 drop to each eye twice daily as needed

Cromolyn eye drops (Crolom or Opticrom)
>4 years: 1-2 drops to each eye 4-6 times a day

Anti-Histamines

Claritin (loratidine – syrup 5 mg/teaspoon)
6-24 months: 2.5 mg (1/2 teaspoon) once daily
2-5 years old: 5 mg (1 teaspoon) once daily
>5 years: 10 mg (2 teaspoons OR 1 tablet) once daily

Allegra (fexofenadine – syrup 30 mg/teaspoon)
2-11 years old: 30 mg (1 teaspoon) twice daily
>12 years: 60 mg twice daily OR 180 mg once daily

Zyrtec (cetirizine – syrup 5 mg/teaspoon)
6-12 months: 2.5 mg (1/2 teaspoon) once daily
1-2 years: 2.5 mg (1/2 teaspoon) once to twice daily
2-5 years: 5 mg (1 teaspoon) once daily
>5 years: 10 mg (2 teaspoons OR 1 tablet) once daily

Benadryl (diphenhydramine – 12.5 mg/5 ml syrup)
Can take _____ teaspoons every 6 hours

- Names in parenthesis are generic, less expensive, equally effective
- Claritin (loratidine) and Allegra (fexofenadine) are usually non-sedating
- Benadryl (diphenhydramine) and Zyrtec (cetirizine) may be sedating, but may also cause increase in hyperactivity for some children.

Skin Moisturizers

- Hydrolatum
- Eucerin
- Aquaphor
- VaniCream

Food Allergy Resource: www.allergyhome.org/tools