

Common Ailments in Paediatrics

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Cough

Medicine	Preparations Available in HSgB	Dose
Diphenhydramine + Ammonium Chloride ^{1,6}	✓ Diphenhydramine 7mg/5mL + Ammonium Chloride 67.5mg/5mL Expectorant (Benadryl Paed)	BW dosing: 1-2mg/kg q6-q8h (Max: 50mg/dose) OR <ul style="list-style-type: none"> • 2-5 yrs : 7mg q4h-q6h (Max: 56mg/day) • 6-12 yrs : 7-14mg q4h-q6h (Max: 84mg/day) • >12 yrs : 14-28mg q4h-q6h (Max: 168mg/day) <i>Dose above is based on diphenhydramine dose</i>
Ammonia+ Ipecacuanha Mixt ^{1,2}	✓ Ammonium Bicarb, Tinct, etc Mixt	≥12 yrs : 10-20mL, repeat after 4 hrs PRN. Not > 4 doses/ day
Bromhexine ^{1,3,6}	✓ 4mg/5mL elixir ✓ 8mg tablet	BW Dosing: 0.15-0.3mg/kg TDS OR <ul style="list-style-type: none"> • <2 yrs : 1mg TDS • 2-5 yrs : 2mg TDS or 4mg BD (Max: 8mg daily) • 6-11 yrs : 4-8mg TDS (Max: 24mg daily) • ≥12 yrs : 8-16mg TDS (Max: 48mg daily)



Sore throat

Medicine	Preparations Available in HSgB	Dose
Benzydamine ^{1,4}	✓ 0.15% Solution <i>Do not swallow. Avoid prolonged use</i>	≥13yrs : Gargle 15 mL every 1.5-3 hrs PRN for < 7 days
	✓ 3mg/mL throat spray ENT	<ul style="list-style-type: none"> • 6-12 yrs : 2 sprays Repeat q1.5h- q3h PRN • >12 yrs : 2-4 sprays. Repeat every q1.5h-q3h PRN
Thymol ¹	✓ Thymol compound gargle <i>Do not swallow. Avoid prolonged use</i>	≥12 yrs : Dilute 1:3 (thymol:water) and gargle TDS-QID

Reference

1. Product Insert
2. Pharmaceutical Compounding and Dispensing; J.F. Marriot, K.A. Wilson et al; Pharmaceutical Press 2010
3. Lexicomp
4. BNF 2020-2021
5. Micromedex
6. Frank Shann 17th edition



Products containing **decongestant, antihistamine and antitussive** are **NOT** recommended in children <2 years of age due to serious side effects.

Common Cold- Antihistamine

Medicine	Preparations Available in HSgB	Dose
Chlorpheniramine ^{3,4}	✓ 4mg tablet ✓ 2mg/5mL syrup	BW Dosing : 0.1mg/kg q6h-q8h OR <ul style="list-style-type: none"> • 1-23m : 1mg BD • 2-5 yrs : 1mg q4h-q6h (Max: 6mg daily) • 6-11 yrs : 2mg q4h-q6h (Max: 12mg daily) • ≥ 12 yrs : 4mg q4h-q6h (Max: 24mg daily)
Cetirizine ^{3,4,5,6}	✓ 10mg tablet ENT DERM MED	<ul style="list-style-type: none"> • 6m- <2yrs : 2.5mg OD • 2-5 yrs : 5mg daily (5mg OD or 2.5mg BD) • ≥6 yrs : 10mg daily (5mg BD or 10mg OD)
Loratadine ^{3,4,5}	✓ 10mg tablet ✓ 1mg/mL syrup PAED DERM ENT	<ul style="list-style-type: none"> • >1 yr (<12kg) : 2.5mg OD • 12-30kg : 5mg OD • >30kg : 10mg OD
Levocetirizine ^{3,4,5,6}	✓ 5mg tablet DERM	<ul style="list-style-type: none"> • 6m-5 yrs : 1.25mg OD • 6-11 yrs : 2.5mg OD • ≥12yrs : 5mg OD
Desloratadine ^{3,4,5,6}	✓ 5mg tablet ENT DERM ✓ 0.5mg/mL syrup ENT	BW Dosing: 0.1mg/kg OD OR <ul style="list-style-type: none"> • 6-11m : 1mg OD • 1-5 yrs : 1.25mg OD • 6-11 yrs : 2.5mg OD • ≥ 12 yrs : 5mg OD



Common Cold-Decongestant

Medicine	Preparations Available in HSgB	Dose
Oxymetazoline ^{1,3,6} <i>Do not use more than 3 consecutive days</i>	✓ Oxymetazoline Nasal Spray 0.025% w/v (Paeds) ENT	2-6 yrs: 2-3 sprays in each nostril BD
	✓ Oxymetazoline Nasal Spray 0.05% w/v (Adults) ENT	≥6 yrs : 2 or 3 sprays into each nostril BD
Antihistamine + Decongestant : Triprolidine + Pseudoephedrine ¹	✓ Triprolidine HCL 1.25mg/5mL + Pseudoephedrine HCL 30mg/5mL Syrup	<ul style="list-style-type: none"> • 2 to 5 yrs : 2.5mL q4h-q6h (Max:10mL/day) • 6 to 12 yrs: 5mL q4h-q6h (Max: 20mL daily) • ≥12 yrs : 10mL q4h-q6h (Max: 40mL daily) OR 1 tab q4h-q6h
	✓ Triprolidine HCL 2.5mg + Pseudoephedrine HCL 60mg Tab	
Sodium Chloride ⁴	✓ Sodium chloride 0.9% Eye drop	1-2 drops in each nostrils