

Analgesia and anti-pyretic

Paracetamol Syrup (10-15mg/kg/dose), (40-60mg/kg/day)

Age	250mg/5ml (all qds)
3-6 months	1.5 ml
6-12 months	2 ml
2 y/o	2.5-3 ml
3 y/o	3-3.5 ml
4 y/o	3.5-4 ml
5 y/o	4-4.5 ml
6 y/o	4.5-5 ml
7y/o	5-6 ml
8 y/o	6-7 ml
9 y/o	7-8 ml
10 y/o	8-9 ml
11 y/o	9-10 ml
12 y/o	10-11 ml

Ibuprofen (brufen/bifen syrup) (5-10mg/kg/dose) (20-40mg/kg/day)

	100mg/5ml (tds)	100mg/5ml (qds)
6-12 month	2.5ml	2.5 ml
1-3 y/o	5ml	3.75 ml
4-6y/o	7.5ml	5.5 ml
7-9 y/o	10ml	7.5 ml
10-12 y/o	15ml	11 ml

Voren Suppository (12.5mg supp) - 0.5-2.0mg/kg daily in 2-3 divided doses

Anti-emetic, anti-vertigo, antacids, GIT regulators

Dimenhydrinate (Dimenate) (15mg/5ml)

	15mg/5ml
1-6 y/o	4-8 ml bd/tds
7-12 y/o	8-15ml bd/tds

Promethazine HCL syrup (5mg/5ml)

	5mg/5ml
2-5 y/o	5ml bd/tds*
5-10 y/o	10ml bd
>10 and adult	10ml tds/qds

*Use with caution for >2. Not recommended for under 2.

Domperidone Suspension (Motilium) (1mg/1ml)

Domperidone suspension	Suspension 1mg/1ml (tds/qds)
Infant and children	0.25 – 0.5ml/kg/dose (not >80ml per day)

Domperidone Suppository (10mg supp)

Domperidone	10mg suppository
2-3 y/o	Up to 1 supp bd
>3 y/o	Up to 3 supp bd

Antacid and anti-reflux (Gaviscon Oral Suspension)

6-12 y/o	5-10 ml after meals
>12 and adults	10-20 ml after meals

Anti-diarrhoeals and anti-spasmodics

Colimix Syrup

>6 months	5ml tds/qds (before each feeds)
4-12 y/o	5-10ml tds/qds

Hyoscine butylbromide syrup (Buscopan syrup) (5mg/5ml)

	5mg/5ml
6-12 y/o	10ml tds
Adult	10ml tds

Lactobacillus acidophilus (Lacteol Fort/Lactoguard)

Sachet (10 billion)	Initial	Subsequent
Infant	½ - 1	½ - 1
Children	1-2	1
Capsule (5 billion)		
Children	2	2

Oral rehydration salt (Repalyte)

	Maximum daily
<2 y/o	3 sachets
2-5 y/o	6 sachets
Adult	12sachets

Diocetahedral smectite (Smecta) (3g)

	Sachet Powder (3g)
<1 y/o	½ bd
1-2 y/o	½ - 1 bd
>2 y/o	1 bd/tds
adult	1 tds

Loperamide Suspension (Diatrol Suspension) (1mg/5ml)

	(1mg/5ml)	Max duration
4-8 y/o	5ml tds/qds	3 days
9-12 y/o	10ml tds/qds	5 days

Light kaolin (Kaomix)

3-6 y/o	5-10ml bd, to be taken only after each bowel movement
6-12 y/o	10-20ml tds, only after each bowel movement

Constipation and hemorrhoids

Ispaghula husk (Fybogel/Mucilin)

	Sachet
6-12 y/o	½ sachet bd
Children >12 & adult	1 sachet bd

Lactulose (Dhactulose) (3.35g/5ml)

	3.35g/5ml
Infant & <1y/o	2.5 ml bd
1-5 y/o	5 ml bd
6-12 y/o	10 ml bd

Bisacodyl suppository (Dulcolax suppository)

	5mg suppository	10mg suppository
Children 4-10 y/o	One supp per day	½ supp per day

Nasal sprays or drops

Iliadin, Nazolin (Oxymetazoline)

Drops	0.01% nasal drop	0.03% nasal drop	0.05% nasal drop/spray
Up to 4 weeks	1 drop each nostril bd/tds		
5 weeks to 1 year	1-2 drops each nostril bd/tds		
Small children, 1-6 y/o		1-2 drops each nostril bd/tds	
Children >6 & adult			1-2 sprays each nostrils bd/tds

Nasal Sprays

	Nasonex	Nasocort	Flixonase	Avamys
Contents	Mometasone furoate	Triamcinolone acetate	Fluticasone propionate	Fluticasone furoate
	>2-11 y/o	>4-11 y/o	>4-11 y/o	>6-11 y/o
Dosing	1 spray each nostril OD	1 spray each nostril OD	1 spray each nostril OD	1 spray each nostril OD
	Children >12	Children>12	Children>12	Children>12
Dosing	2 sprays each nostril OD max: 2 sprays each nostril BD	2 sprays each nostril OD maintenance 1 spray each nostril OD	2 sprays each nostril OD, max 2 sprays each nostril BD	2 sprays each nostril OD maintenance 1 spray each nostril OD

Anti-histamines

Dexchlorpheniramine (Polaramine Syrup) (2mg/5ml)

	2mg/5ml
2-6 y/o*	1.25-2.5ml tds
6-12 y/o	2.5-5ml qds
>12 y/o	5-10ml qds

*use with caution

Chlorphenamine (Piriton Syrup/Chlormine syrup) (4mg/5ml)

	4mg/5ml
1-2 y/o*	1.25ml bd
2-5 y/o	1.25 ml tds/qds
6-12 y/o	2.5 ml tds/qds

*Use only when benefits have been assessed to outweigh risks.

Fexofenadine suspension (Telfast Oral Suspension) (6mg/ml)

	6mg/ml
6 month – 2 y/o*	2.5ml bd
2-11 y/o+	5ml bd
6-12 y/o	2.5-5ml tds/qds

*Proven for urticaria only

+proven for urticaria and allergic rhinitis

Cetirizine (Zyrtec oral solution/Adezio oral suspension) (1mg/1ml)

	1mg/1ml
2-6 y/o	2.5ml OD/BD
>6 y/o	5-10ml OD

Loratadine (Clarinase Syrup Per 5 ml contains loratadine 5 mg, pseudoephedrine sulfate 60 mg)

Child>6 y/o, wt <30kg	2.5ml bd
Child>6 y/o, wt>30kg	5ml bd

Fedac (Per 5 mL Fedac syr Pseudoephedrine 30 mg, triprolidine HCl 1.25 mg)

2-5 y/o*	2.5ml tds
6-12 y/o	5ml tds
>12 y/o	10ml tds

*use with caution

For cough and airway

Diphenhydramine (Phenexpect): each ml contains diphenhydramine 12.5 mg, ammonium chloride 135mg)

2-6 y/o*	2.5ml tds
6-12 y/o	5ml tds
> 12 y/o	5-10ml tds/qds

*Use with caution

Abrilar/Prospan (Ivy leaf extract)

Infant/small children (1-5 y/o)	2.5ml tds
School children/adolescents (6-12y/o)	5ml tds
>13 y/o	5-7.5ml tds

Dhasedyl (each 5ml contain codeine phosphate 9.0mg, promethazine 3.6mg and ephedrine 6.0mg)

2-5 y/o*	1.6ml tds
6-12 y/o	2.5-5ml tds
>12 y/o	5-10ml tds/qds

*Use with caution

Dextromethorphan (Beathorphan, Tussidex)

	15mg/5ml
2-6 y/o*	2.5ml tds
6-12 y/o	5ml tds
>12 y/o	5-10 ml tds

* use with caution

Fedac –Compound (Per 5 mL codeine phosphate 10 mg, pseudoephedrine 30 mg, triprolidine HCl 1.25 mg)

2-5 y/o*	1.5ml tds
6-12 y/o	5ml tds
>12 y/o	10ml tds

*use with caution

Rhinathiol Promethazine (5 ml contains carbocisteine 100 mg, promethazine HCl 2.5 mg)

2-5 y/o*	2.5-5ml qds
6-12 y/o	7.5-12.5ml tds
12-15 y/o	12.5-15ml tds

*use with caution

Ketotifen (Dhatifen) (1mg/5ml)

	1mg/5ml
6 months – 3 y/o	2.5ml bd
Children >3 y/o	5ml bd

Salbutamol syrup (Zenmolin/Ventolin Syrup) (2mg/5ml)

	2mg/5ml
1 month – 2 y/o	0.1 mg/kg (max: 2 mg) tds/qds
2-6 y/o	2.5-5ml tds/qds
6-12 y/o	5ml tds/qds
>12 y/o	5-10ml tds/qds

Bambuterol syrup (Bambec) (1mg/1ml)

	1mg/1ml
2-5 y/o	5ml OD
6-12 y/o	10ml OD, max: 20ml bd

Prednisolone syrup(dhasolone syrup) (3mg/5ml)

	3mg/5ml
2-5 y/o	5-10ml bd/tds
6-12 y/o	10-15ml bd/tds

Montelukast sodium (Singulair)

	Singulair oral granules 4 mg	Singulair chewable tab 4 mg	Singulair chewable tab 5 mg
1-2 y/o	1 packet OD		
2-5 y/o		1 tab OD	
6-14 y/o			1 tab OD

Seretide Evohaler 25/50 (25mcg Salmeterol xinafoate, 50mcg fluticasone propionate)

	Evohaler 25/50
>4 y/o	1 inhalation bd (Max: 2 inhalations bd)
>12 y/o	2 inhalations bd

Ventolin respirator solution for nebulizer (5mg salbutamol/ml) (0.03ml/kg/dose)
Usually for Children <12 y/o: 0.5 mL (2.5mg salbutamol) diluted to 2.0-2.5 ml, using sterile normal saline as diluent. Some children may require higher doses up to 1 ml (5mg)

For phlegm/mucolytics

Ambroxol (Mucosolvan) (30mg/5ml)

	30mg/5ml
1-2 y/o	2.5ml bd
2-6 y/o	2.5ml tds
6-12 y/o	5ml bd/tds

Bromhexine (Vasican/Bisolvon)

	4mg/5ml (light green syrup)	8 mg/5ml (pale yellow syrup)
2-5y/o	5ml bd or 2.5ml tds	2.5ml bd
6-12 y/o	5ml tds	2.5ml tds
>12 y/o	10ml tds	5-10ml tds

Acetylcysteine (Fluimucil) (100mg/sachet)

	100mg/sachet
2-6 y/o	1 sachet bd/tds
6-10 y/o	2 sachet bd
>10 y/o	2 sachet tds

Rhinathiol 2% Children Syrup (100mg/5ml)

	100mg/5ml
<2 y/o	contraindicated
2-5 y/o	5ml bd
>5 y/o	5ml tds

Leftose syrup* (Lysozyme Cl) (5mg/1ml)

	5mg/1ml
<2 y/o	1-2ml tds
2-6 y/o	2-3ml tds
7-14	3-4ml tds

*derived from egg white, avoid in egg allergy.

Antibiotics

Co-amoxiclav (Augmentin/Curam) (25-50mg/kg/day)

	312.5mg/5ml	156.25mg/5ml
9 months – 2 y/o	2ml bd	2.5ml tds OR 4ml bd
2-7 y/o	4ml bd	5ml tds OR 7.5ml bd
7 – 12 y/o	7.5ml bd	10ml tds OR 15ml bd

Amoxicillin (10-15mg/kg/dose given in 3 divided doses, 30-50mg/kg/day)

	125mg/5ml (all tds)	250mg/5ml (all tds)
3-8 months	2.5ml	
9 months – 2 y/o	5ml	2.5ml
2-5 y/o	7.5ml	4ml
5-12 y/o	10ml	5ml

Erythromycin (30mg/kg/day, given in 3 to 4 divided doses)

	200mg/5ml tds/qds
3-8 months	1.5ml
9 months – 2 y/o	2.5ml
2-5 y/o	3-4ml
5-12 y/o	5-6ml

Clarithromycin (Klacid) – (7.5mg/kg/dose, 15mg/kg/day)

	125mg/5ml (all bd)	250mg/5ml (all bd)
8-11kg	2.5ml	1.25ml
12-19kg	5ml	2.5ml
20-29kg	7.5ml	3.75ml
30-40kg	10ml	5ml

Cephalexin/cefalexin (25-50mg/kg/day)

	125mg/5ml	250mg/5ml
9 months – 2 y/o	2.5ml tds/qds	
5-10 y/o	5ml tds/qds	2.5ml tds/qds
11-12 y/o	10ml tds/qds	5ml tds/qds

Acyclovir (200mg tab)

	200mg Tab
Children (2 y/o and older)	20mg/kg/dose qds for 5 days
Children >40kg	Adult dose

Note:

The information contained within this dosing guide is compiled based on medical literature, approved official reference sources as well as advisories from health authorities including the Health Sciences Authority Singapore.

While great effort has been made to ensure that it is accurate, the authors shall not be responsible or in any way liable to anyone (patient and/or physician) for any adverse or unintended consequences arising from the use of this guide.

The authors also wish to highlight that in choosing an appropriate drug therapy and dosage, the physician’s clinical judgment is still paramount for ensuring that patients obtain the best possible outcome.