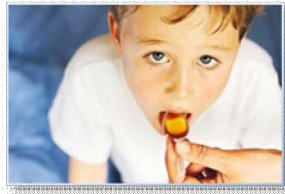


Dosing 6-12 years old children:

Children's Cough and Cold Medications can be given to children ages 6-12 years based on doses recommended in Table 1. If your 6 year old is small for their age, talk to your pharmacist about dosing by weight.



Always choose medicines that have one active ingredient to avoid confusion and double dosing. Choose the active ingredient based on the cold symptoms to be treated. Do not use these products for greater than 7 days.

Table 1 Dosing for children ages 6-12

Therapeutic Class	Medicinal ingredient preferred name	Recommended Single Dose ³	Max Daily Dose
Antihistamine	Brompheniramine	2mg every 4-6 hours	12mg
	Chlorpheniramine	2mg every 4-6 hours	12mg
	Dexbrompheniramine	1mg every 4-6 hours	6mg
	Diphenhydramine	12.5-25 mg every 4-6 hours	100mg
	Doxylamine	3.75-6.25 mg every 4-6 hours	37.5mg
	Pheniramine	6.25-12.5 mg every 4-6 hours	75mg
	Tripolidine	1.25mg every 4-6 hours	5mg
Antitussive	Diphenhydramine	12.5 mg every 4 hours	75mg
	Dextromethorphan OR Dextromethorphan	5-10 mg every 4 hours 15 mg every 6-8 hours	60mg
Decongestant	Phenylephrine	5mg every 4 hours	30mg
	Pseudoephedrine	30mg every 4-6 hours	120mg
Expectorant	Guaifenesin	100mg every 6 hours	400mg

References:

- 1) *American Academy of Pediatrics*. Parents Corner Q & A; OTC Medications [online]. Available at URL: http://www.aap.org/publiced/BR_Medicine_OTC.htm [April 2009]
- 2) *Health Canada*. Drugs and Health Products; Cough and Cold Medications for Children [online]. Available at URL: <http://www.hc-sc.gc.ca/dhp-mps/medeff/res/cough-toux-eng.php> [April 2009]
- 3) Shevchuk, Y. Fever ; *Patient Self-Care*. Canadian Pharmacists Association. Ottawa, Ont. Canada (2002)



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Cough and Cold Medication in Children

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In March of 2008 a Scientific Advisory Panel with Health Canada made recommendations affecting the use of cold and cold medications in children. Recommendations include:

- Avoid using of cough and cold medications in children less than 6 years of age.
- Changes to product labels to read “Not for use in children less than 6 years old.”
- Proper dosing for children ages 6-12 years of age with future considerations for dosing on the basis of weight.



Why has Health Canada made these recommendations?

Cough and cold medications have long history of use in children. However, there is not enough evidence finding them effective for use in this population. Also, misuse and possibilities of rare side effects, even death, have created a risk associated with their use in very young children. This risk appears to be greater than benefits received. Some of the rare, but potentially fatal side effects include increased heart rate, convulsions, decreased levels of consciousness, and hallucinations. Children under the age of 6 typically have a hard time communicating the presence of these side effects which may go unnoticed until it's too late.

Which ingredients are involved?

Table 2 Active Ingredients Affected

Therapeutic Category (Purpose)	Active Ingredients
Antihistamines in cough and cold medicines (used to treat sneezing, runny nose)	brompheniramine chlorpheniramine clemastine dextbrompheniramine diphenhydramine diphenylpyraline doxylamine pheniramine phenyltoloxamine promethazine pyrilamine triprolidine
Antitussives (used to treat cough)	dextromethorphan diphenhydramine
Expectorants (used to loosen mucus)	guaifenesin
Decongestants (used to treat congestion)	ephedrine phenylephrine pseudoephedrine

Can I suppress my child's cough?

The American Academy of Pediatricians and Health Canada recommend not suppressing a cough in children. Coughing helps to clear mucus and germs out of the lungs. A productive cough sounds as if there is mucus present and should be encouraged rather than suppressed. Humidifiers can be used to loosen the mucus and prevent the dry, hacking cough that can keep your child up at night.



The best cure for a cold is to let it take its course.

How can I treat my child's cold?

The common cold and flu are caused by a virus that cannot be cured and needs to run its course. Cough and cold medications do not treat a cold, but are meant to relieve symptoms such as cough, congestion, and sneezing. Unfortunately, such products are not shown to be effective in children under the age of 6 and alternatives should be considered:

- Clearing nasal congestion with saline nasal sprays.
- Clear chest congestion causing cough with topical Vicks BabyRub®, use of humidifiers, or allow the child to suck on a lemon or sucker to encourage salivation that will loosen the mucus.
- Ensuring plenty of fluids to keep your child hydrated and plenty of rest.

If symptoms do not improve or worsen within 6-10 days, consult a health care professional.

Fever

If the child is < 2 months old, has a fever of >40.5°C, or stiffness of the neck you should see a physician. Otherwise, it is still safe to bring down the fever. Acceptable medications are:



- Acetaminophen 10-15mg/kg every 4 -6 hours (maximum of 65mg/kg/day).
- Ibuprofen 5mg/kg every 6-8 hours (<39°C) and 10mg/kg (>39°C) to a maximum of 40mg/day.