

DR. NATASHA'S FAVORITE OTC ALLERGY MEDS FOR KIDS

| | Recc'd Age | Dose | Generic |
|------------------------|------------|--|-------------------------|
| Flonase Sensimyst | 2 yrs + | 2-11 yrs: one spray each nostril, once a day 12 yrs+: two sprays per nostril, once a day x 14 days, then decrease to one spray ea. nostril daily | No |
| Flonase Allergy Relief | 4 yrs + | 4-11 yrs: one spray each nostril, once a day 12 yrs+: two sprays per nostril, once a day x 14 days, then decrease to one spray ea. nostril daily | fluticasone propionate |
| Rhinocort | 6 yrs + | 6 yrs+: two sprays per nostril, once a day x 14 days, then decrease to one spray ea. nostril daily | budesonide |
| Nasocort | 2 yrs + | 2-11 yrs: one spray each nostril, once a day 12 yrs+: two sprays per nostril, once a day x 14 days, then decrease to one spray ea. nostril daily | triamcinolone acetonide |
| NasalCrom | 2 yrs + | 2 yrs+: one spray per nostril, 3-4 times per day | cromolyn sodium |
| Zyrtec | 6 mon + | 6 mon-2 yrs: 2.5 mg daily 2-5 yrs: 2.5 mg once or twice daily ** 6-11 yrs: 5 mg once or twice daily ** 12 yrs+: 10 ml (one adult tab) daily | cetirizine |
| Claritin | 2 yrs + | 2-5 yrs: 5 mg daily 6 yrs+: 5 mg once or twice daily ** | loratidine |
| Allegra | 4 yrs + | 2-11 yrs: 30 mg, twice a day 12 yrs+: 60 mg, twice a day | fexofenadine |
| Pataday | 2 yrs + | 2 yrs+: 1 drop in each eye daily | olopatadine |
| Zatidor | 3 yrs + | 3 yrs+: 1 drop in each eye, twice a day | ketotifen |

** USE SMALLEST EFFECTIVE DOSE

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