

# Clear Dosage Guidelines for Kids

Acetaminophen and Ibuprofen are commonly used to reduce fever and relieve pain, but dosage guidelines for children aren't clearly labeled on the bottle. Dr. Hylton Lightman, MD, Pediatrician at Total Family Care in 5 Towns and Far Rockaway in New York provides the details.

## Children's acetaminophen

**CONCENTRATION:**  
160 milligrams per 5 milliliters [mL]\*

**DIRECTIONS:** Give every four hours, as needed. Do not use for more than five consecutive days or give to infants younger than 3 months unless directed by a physician.

WEIGHT	DOSAGE
Up to 12 pounds	1.25 mL
12-18 lbs	2.5 mL
18-24 lbs	3.75 mL
24-35 lbs	5 mL
36-55 lbs	7.5 mL
56-83 lbs	10 mL
84-111 lbs	15 mL
112-plus lbs	20 mL or adult dose

**VISIT YOUR CHILD'S PEDIATRICIAN IF:**

- The fever lasts longer than five days.
- The child appears very sick and has a fever over 100.4.
- The fever is over 102 with no other symptoms.

## Children's ibuprofen

**CONCENTRATION:**  
100 milligrams per 5 milliliters [mL]

**DIRECTIONS:** Give every six hours, as needed. Do not use for more than five consecutive days or give to infants younger than 6 months unless directed by a physician.

WEIGHT	DOSAGE
12-18 pounds	2.5 mL
18-24 lbs	3.75 mL
24-35 lbs	5 mL
36-47 lbs	7.5 mL
48-59 lbs	10 mL
60-71 lbs	12.5 mL
72-95 lbs	15 mL
96-plus lbs	20 mL or adult dose



**TOTAL FAMILY CARE**  
Dr. Hylton Lightman, Medical Director

\*New guidelines from the American Academy of Pediatrics recommend using milliliters, not teaspoons.