

Antibiotics

Amikacin IM/IV 15mg/kg/day 12H, neonate: reder [AE: nephro and ototoxic]
Amoxicillin PO 30-50mg/kg/day 8H
Augmentin PO 25-50mg/kg/day 12H up to 80-90mg/kg/day if severe,
IV 30mg/kg/dose 8H

Ampicillin PO 50-100mg/kg/day 12H, IV severe: 100-200mg/kg/day 4-6H,

Meningitis: 200-400mg/kg/day 4H, neonate: refer

Unasyn (ampi + sulbactam) PO < 30kg 25-50mg/kg/day 12H,

>30kg 37.5-75.0mg/dose 12H, IV 150-200mg/kg/day 6-8H

Azithromycin PO 10mg/kg OM (max 500mg) on D1, then 5mg/kg OM

(max 250mg on D2-5 [< diarrhoea], or 10mg OM x3d

Aztreonam IV 30mg/kg/dose 6-8H, if severe + >2y 50mg/kg/dose 6-8H,

neonate: refer [pseudomonas]

Bactrim/Co-trimoxazole/Septtrim PO 8mg TMP + 40mg SMZ/kg/day 12H

(prophylaxis: 2mg/kg/dose ON), PCP: 20mg TMP + 100mg SMZ/kg/day 6H

[CI: G6PD, <2m]

Cefaclor PO 20-40mg/kg/day 8H [2nd gen]

Cefadroxil PO 30mg/kg/day 12H [1st gen]

Cefazolin IM 25-50mg/kg/day 6-8H, IV max 100mg/kg/day 6-8H if severe,

neonate: refer

Cefoperazone IM 50-200mg/kg/day 8-12H [3rd gen]

Cefotaxime IM 50-200mg/kg/day 6-8H, meningitis: 200mg/kg/day 6H [3rd gen]

Cefoxitin IM 80-160mg/kg/day 4-6H [2nd gen, anaerobes]

Ceftazidime/Fortum IM 100mg/kg/day 8H, meningitis: 150mg/kg/day

(max 6g/day) [pseudomonas]

Ceftibuten PO 9mg/kg/day 24H max 400mg, acute bact enteritis: 4.5mg/kg 12H

Ceftriaxone/Rocephin IM/IV 50-100mg/kg/day 12-24H,

meningitis: 100mg/kg/day 12H (max 4g), neonate: refer

Cefuroxime IM/IV 50-100mg/kg/day 6-8H [H influenza, except meningitis]

Cefuroxime/Zinnat PO 20-30mg/kg/day 12H, otitis: refer

Cephalexin PO 25-50mg/kg/day 6-8H, UTI: 50mg/kg/day tds

(prophylaxis: 12.5mg/kg/dose ON), otitis: refer

Chloramphenicol PO 50-100mg/kg/day 6H, IV 100mg/kg/day for meningitis

Ciprofloxacin PO 10-30mg/kg/day 12H, IV 10-15mg/kg/day 12H [safety not estb]

Clarithromycin/Klacid PO 15mg/kg/day 12H

Clindamycin PO 8-25mg/kg/day 6-8H, IV mild/mod: 10-25mg/kg/day 6-8H,

severe: 25-40mg/kg/day 6H, neonate: refer

Cloxacillin PO 25-50mg/kg/day 6H, IV/IM severe: 100mg/kg/day 6H,

meningitis: IV 200mg/kg/day 6H [AE: diarrhoea]

Erythromycin PO Ethylsuccinate: 30-50mg/kg/day 6-12H,

Stearate 20-40mg/kg/day 6H, rheumatic fever prophylaxis: 250mg bd,

IV 15-20mg/kg/day 6H [pertussis, Mycoplasma, infuse over 30-60 min]

Ethambutol PO 25mg/kg/day OM x2/12 then 15mg/kg/day OM [AE: optic neuritis]

Fusidic Acid PO 6.6-16.6mg/kg/dose 8H, IV 20mg/kg/day 8H [infuse over 2-4H]

Gentamicin IM/IV 5-7.5mg/kg/day 8H, neonate: 2.5mg/kg/dose <2kg: <7d 18H,

>7d 8-12H; >2kg: <7d 12H, >7d 8H [infuse over 20 min]

Imipenam+Cilastatin/Tienam IM/IV 10-25mg/kg/dose 6H

[AE: convulsions, caution in renal impairment]

Isoniazid PO 10-20mg/kg/day 12-24H (max 300mg/day),

prophylaxis: 10-15mg/kg/day 12-24H

Metronidazole IV/PO 7.5mg/kg/dose 8H, Giardiasis: PO 15mg/kg/day 8H x5d,

neonate: refer [anaerobes]

Nitrofurantoin PO 5-7mg/kg/day 6H, neonate: refer [CI: G6PD, neonates]

Pen G IM/IV 100k-250k units/kg/day 4-6H, severe: 200k-400k units/kg/day 4-6H,

neonate, GBS meningitis: refer

Pen V PO 15-50mg/kg/day 6H, rheu fever prophylaxis: 250mg bd

Tetracycline PO 25-50mg/kg/day 6H [CI: <8y]

Vancomycin IV 10mg/kg/dose 6H, 15mg/kg/dose 6H (meningitis),

neonate: refer [nephro and ototoxic, infuse over at least 60 min]

Amphotericin B IV test dose: 0.1mg/kg over 6H, ↑ each day by 0.1-0.25mg/kg to

max 1mg/kg/day, severe: 1.5mg/kg/day or EOD

[infuse over 6H at 0.1mg/ml in D5%, protect from light]

Fluconazole PO 3-6mg/kg/day 12-24H, IV for systemic infx [CI: infants]

Griseofulvin PO 10-15mg/kg/day OM [for fungal infx of skin, nail, hair]

Antipyretics/analgesics

Aspirin PO Antiinflam: 80-100mg/kg/day in divided doses, Antiplt: 5mg/kg OD

Diclofenac/Voltaren PO/PR 0.5-3mg/kg/day bd (max 50mg/dose) [CI: <1y]

Ibuprofen PO 20-40mg/kg/day tds/qds

Synflex PO >5y: 10-15mg/kg/day bd

Paracetamol PO 40-60mg/kg/day 4-6H (supp prep in 250mg) [Avoid if < 4-6m]

CVS

Frusemide PO/IV 0.5-1mg/kg/dose [potentiate aminoglycosides oto/nephrotoxicity]

Hydrochlorothiazide PO 2-3mg/kg/day bd

Spiroonolactone PO 3mg/kg/day in divided doses [CI: renal failure, hyperK+]

Captopril PO 0.1-1mg/kg/dose 8H max 50mg

Diazoxide IV 1-5mg/kg single dose rapidly [AE: hypotn, hyperglycemia]

Enalapril PO 0.2-1mg/kg/dose max 40mg

Nifedipine PO 0.25-1mg/kg/dose (max 40mg) 6-8H, SL 0.5-1mg/kg/dose 12H

Digoxin (maintenance) 0.01mg/kg OM

Asthma

Aminophylline IV 4mg/kg/dose slow infusion in 30min, then 16-20mg/kg/24H

continuous infusion (max 500mg/day) [omit loading dose if on theophylline]

Beclomethasone/Becotide MDI 1-4puffs bd

Budesonide/Pulmicort MDI Aerosol 50: 1-4puffs bd/on,

Aerosol 200/Turbuhaler: 1puff bd/on, NEB 0.1-1mg bd ↓ to 0.25-0.5mg bd

Fluticasone/Flixotide MDI >4r: 50-100ug bd [long acting]

Hydrocortisone IV 5mg/kg/dose 4-6H

Ipratropium/Atrovent MDI 1-2puffs 6-8H NEB 0.25-1ml 4-6H

Ketotifen/Zaditen PO 6m-3y: 0.5mg bd, >3y: 1mg bd

Prednisolone PO 1-1.5mg/kg/day

Salbutamol/Ventolin NEB 0.03ml/kg/dose diluted to 2ml N/S solution ½-4H,

MDI 0.2-0.3puffs/kg/dose (usu 2-6 puffs) 4-6H or 1-2puffs tds/qds,

IV 5ug/kg over 10mins then 1-5ug/kg/min,

PO 0.1-0.15mg/kg/dose tds/qds, 3-12y: 4mg bd

Na Cromoglycate MDI 1-2puffs tds/qds NEB 20mg qds [≥3/12 trial of therapy]

Terbutaline PO 0.075mg/kg/dose tds/qds NEB 0.02-0.03ml/kg/dose tds

MDI 1-2puffs tds/qds

Theophylline PO Nuelin: 15-20mg/kg/day tds/qds,

Nuelin SR/Austyn/Theo-Dur (sustained release): 8-16mg/kg/day bd

Adrenaline 1:1000 NEB 3ml + 1ml NS (max 2 doses) then 0.5ml + 3.5ml NS 4-6H

<2y : Spacer+face mask ; 3-5y: spacer +/- FM; > 6y: breath actuated/MDI + spacer

Cough/runny nose

Acetylcysteine/Fluimucil (100mg/sachet) PO <1y: 50mg bd, 1-2y: 50mg tds,

2-6y: 100mg tds, 6-10y: 200mg bd, >10y: 200mg tds [mucolytic]

Actifed/Linctus/Pseudoephedrine PO 6m-2y: 1.25ml tds, 2-5y: 2.5ml tds,

6-12y: 5ml tds [Resp depression in <2y]

Actifed expectorant PO 2-5y: 2.5ml tds, 6-12y: 5ml tds

Ambroxol/Mucosolvan PO 1-2y: 2.5ml bd, 2-4y: 3.75ml bd [mucolytic]

Benadryl expectorant/Diphenhydramine PO 1-6y: 2.5-5ml tds, 6-12y: 7.5ml tds,

>12y: 10ml tds

Bisolvon 0.1mg/kg/dose, <1y: 0.5mg bd/tds, <2y: 1mg tds,

2-5y: 4mg bd or 2mg tds, 5-10y: 4mg tds, >10y: 8mg tds [mucolytic]

Carbocysteine/Rhinathiol PO <5y: 2.5ml bd, 5-15y: 5ml tds [mucolytic]

Iliadin ND <1y: 0.01%, >1y: 0.025%, adult size: 0.05% 1-2 drops tds

[rebound if > 5 days]

Beoptec 1/1 bd [any age], Nasonex 1/1 on [>3 yo], Flixonase 1/1 on [>4yo]

Antihistamines

Azatadine/Zadine PO 1-6y: 250ug/dose bd, 6-12y: 0.5-1mg/dose bd

Chlorpheniramine/Pirton PO 0.35mg/kg/day tds/qds or 0.1mg/kg/dose

Dexchlorpheniramine PO 6-12y: ½ tab tds/qds

Loratadine/Clarityne/Zyrtec PO 0.2mg/kg (max 10mg) OD

Promethazine PO 6-12m: 0.125-0.25mg/kg/dose bd,

>12-24m: 0.125-0.25mg/kg/dose tds [CI: prev apnea, bronchiolitis, <6m]

Terfenadine PO 6-12y: 30mg bd [C: cardiac arrhythmias]

Croup

Adrenaline (1:1000) NEB 0.5ml/kg (max 5ml) 2-6H

Dexamethasone 0.2kg/dose x3 12H apart or 0.6kg/dose x1

Antacids/Antiulcerants

Gaviscon PO 1-12y: 5-10ml after meals

Cimetidine PO/IV 20-40mg/kg/day 4-6H (max200mg/dose)

Mg Trisilicate Co PO 1-5y: 2.5ml qds, 6-12y 5ml qds

Mylanta PO 0.25ml/kg/dose 4-6H

Losec PO 0.4-0.8mg/kg/day (max 40mg)

Ranitidine PO 2-6mg/kg/day 8-12H (or 2mg/kg/dose bd),

slow IV 1-3mg/kg/2day 6-12H (or 1mg/kg/dose 12H)

Sucralfate PO 40-80mg/kg/day 6H

Antidiarrhoeals

Cholestyramine PO 240mg/kg/day 8-12H

Smecta PO 1y: 1sac/day, 1-2y: 1-2sac/day, >2y: 2-3sac/day, all 8-12H

Kaopectate PO <1y: 5ml tds, 2-3y: 10ml tds, >3y: 15ml tds

Antispasmodics

Atropine SO₂ PO/SC 0.01mg/kg/dose (max 0.4mg) 6H, may rpt SC 4-6H

Buscopan PO 0.5mg/kg/dose (max 40mg) 6-8H

Propantheline PO 1.5mg/kg/day 6H

Infacol wind drops <2y: 0.2ml with each feed

GIT regulators

Cisapride PO 0.2mg/kg/dose tds/qds

Domperidone PO 0.25mg/kg/dose tds b4 meals + b4 bed if necessary

Maxolon PO 0.1mg/kg/dose bd/tds, IM/IV/PR >20kg: 0.5mg/kg/day

Debridat PO 24mg/5kg/day bd/tds (or 1ml/kg/day bd/tds), adult: 1 tab tds

Lacteol Fort infant: ½-1 sac bd, child: 1-2sac bd

Laxatives

Ducolax PO 0.3mg/kg/dose, PR <1y: 2.5mg, 1-5y: 5mg, >5y: 10mg

Fleet babylix PR 2-6y: 4ml

Glycerol PR x1

Lactulose PO 0.5ml/kg/dose 12-24H (or 2.5-20ml bd/tds),

hepatic coma: 1ml/kg/dose 1H until bowel cleared, then 6-8H

Fleet enema PR >2y: 59ml

Microlax PR <1y: 1.25ml, 1-2y: 2.5ml, 2y: 5ml

Senokot PO 6m-1y: ½ tab ON, 3-10y: 1-2tab, >10y: 2-4tab

Anti-emetics

Granisetron IV >30kg: 3mg/day OM, <30kg: 50ug/kg (round up to 0.5 or 1mg)

Metoclopramide PO/IV/IM 0.12mg/kg/dose 6H [AE: oculogyric crisis]

Ondansetron PO/IV 0.25mg/kg/dose 8H, IV 0.25mg/kg/dose over 15min

then 0.25-0.75ug/kg/min (max 10mg per dose)

Prochlorperazine/Stemetil PO 0.4mg/kg/day tds/qds, IM 0.2mg/kg/day qds

[AE: oculogyric crisis]

Sedatives

Chloral Hydrate PO 30-50mg/kg/day tds/qds (max 1g) [CI: liver, renal impairment]

Dormicum IV/IM 0.1-0.5mg/kg/dose over 1 min [short acting, for procedure]

Diazepam/Valium PO/PR 0.2-0.5mg/kg/dose IV 0.1-0.2 mg/kg/dose

Midazolam IM 0.1-0.2mg/kg/dose (up to 0.5mg/kg/dose) IV 0.5mg/kg

then 2ug/kg/min (3mg/kg in 50ml at 2ml/hr)

Lorazepam PO 0.02-0.06mg/kg/dose 8-24H

[Antidote to BZD: Flumazenil IV >1y: 0.01mg (upto 0.2mg) over 15s

+/- repeat 60s intervals up to the lower of 0.05mg/kg or 1mg in total]

Lytic Cocktail IM - Pethidine: 1.5-2mg/kg/dose, Promethazine: 0.5mg/kg/dose

Chlorpromazine: 0.5mg/kg/dose (max 40mg), [Give 30min before procedure,

monitor SpO₂ and BP]

Anticonvulsants

Carbamazepine PO 10-30mg/kg/day bd/tds [AE: hrr, hepatotoxic]
Clonazepam PO 0.05-0.1mg/kg/day bd/tds [for petit mal, C: renal impairment]
Diazepam PO 0.2-0.5mg/kg/day bd/tds, IV 0.1-0.25mg/kg/dose, rpt dose: refer,
PR <10kg: 2.5mg (1/2 tube) 12H, >10kg: 5mg 12H
Lamotrigine PO 0.5mg/kg OD x2/52 then 1mg/kg OD for 2/52
[1/2 the dose if also on Na Valproate]
Na Valproate/Epilim PO 20-50mg/kg/day tds/qds [AE: hepatotoxic]
Phenytoin Slow IV Loading: 10-20mg/kg over 20min PO 3-10mg/kg/day bd/tds
[Infuse at 1mg/kg/min undiluted, AE: arrhythmias]

Kawasaki

IVIG 2g/kg (↑ dose gradually every 15mins, watch BP, HR, AE)
Aspirin 80-100mg/kg/day until inflame settles, 2-5mg/kg/dose when plt ↑

Endocrine

Synacthen/ACTH - Short test: IV <6m: 36ug/kg, 6m-2y: 0.125mg, >2y: 250ug;
Long test: IV 1mg ON x3/7
Fludrocortisone PO 150ug/m2/day om/bd
Hydrocortisone – Status Asthmaticus: IV 4mg/kg stat and 4-6H,
Adrenal crisis/pre op: IM/IV 50-150mg, Replacement dose: IM/IV/PO
10-15mg/m2/day 8-12H [Triple dose on sick days orally or give parenterally]
Dexamethasone PO/IV/IM - Cerebral edema: IV 0.5mg/kg, then 0.25mg/kg 6H;
Airway edema: IV 0.1-0.25mg/kg/dose 6H, Meningitis: 0.15mg/kg/dose 6H x4/7
Carbimazole PO 0.25mg/kg/dose tds (max 15mg) x2/52
then 0.1mg/kg/dose 8-12H [AE: neutropenia, myalgia]
L-thyroxine PO 100ug/m2/day (25ug/day in most newborns)
PTH PO 5mg/kg/day in 3 divided doses [AE: neutropenia, myalgia]

Electrolytes

K+ Reqmt 1-2mmol/kg/day
Hypo K+: 2/3 x (4-serum K) x BW in kg (max rate 0.4mmol/kg/hr)
[give after pt PUs], Mist KCl 10ml = 13.4mmol, Span K 1 tab = 8 mmol
Hyper K+: IV 10% Ca gluconate 0.5-1ml/kg over 2-4mins,
IV NaHCO3 1-2mmol/kg
Slow infusion IV insulin (1U to 4g glucose) with glucose 0.5-1g/kg,
PO/PR Resonium A 1g/kg/24H in divided doses, peritoneal dialysis
[with ECG monitor]
Na+ Reqmt 2mmol/kg/day
Hypo Na+ (<130): 0.6 x (135-serum Na) x BW in kg [correct over 24-48H]
Hyper Na+ (>150): H2O deficit = 0.6 x [(current Na/140) -1] x BW in kg
Na+ fluids: 0.9% NS: 154mmol/L DSR 77, DSM 38.5, 20% NaCl 3.45mmol/ml

Transfusions

PCT 3.5 x BW x deficit from reqd Hb (or 10-20ml/kg/day for chr loss replacemt)
FFP 10-20ml/kg
Platelet 4U/m2
Cyroprecipitate 1bag/5kg
Factor 8 - Joint: 20U/kg, Muscle: 30U/kg, CNS: 50U/kg
NNJ double volume exchange at 160ml/kg (max 500ml)

NNJ

Abn criteria: prem, LBW (<2.5kg), hemolysis (retics > 6, DCT +, ABO incompat),
birth asphyxia/acidosis, hypoglycemia, sepsis
PhotoRx: Start if SB 250 (normal)/220 (abn), Stop 220/190,
Exchange 340/306 if <120H; or 400/306 if >120H;
or >450 + G6PD deficient; or >500 + normal criteria
Inx: FBC/PBF/Retics/SB/NNJ profile (baby + mother)
KIV exchange: NBM, IV fluids (maintenance + 10%), UEC CaMgPO4, h/c,
GXM for whole blood, consent, (rpt SB 4-6H if not at exchange + ABO normal)

Renal

GFR = k x Ht in cm / plasma [creat] (k = normal >3yo: 48.6, males > 13yo: 61.9)
Urine for proteinuria – normal: <4mg/m2/hr, proteinuria: 4-40, nephrotic: >40
Urine protein/creat ratio – normal: <20mg/mmol
Urine calcium/creat ratio – normal: <0.7

	Prerenal	Renal
Urine osmolality	> 500	< 350
Urine Na	< 20	> 40
Urine/plasma urea nitrogen	> 8	< 3
Urine/plasma creat	> 40	< 20

Onco/Hemato

Febrile neutropenia

Inx: FBC, UEC/electrolytes, PT/PTT, GXM, b/c (aero, anaero, fungal; periph,
central line), urine feme + c/s + fungal smear, CXR, +/- sputum c/s, +/- LFT
1st line abx: IV Rocephin 100mg/kg (max 2g bd) + IV Gentamicin
2.5mg/kg/dose 8H (max 80mg 8H)
2nd line: IV Amikacin and Fortum if febrile > 48H

Transfusions

Platelets: if neutropenic, transfuse if < 30. If not neutropenic, <20. Minimum for
LP/IT is 50. Hb: transfuse if < 8.

Premedications

IV Promethazine 0.125 – 0.25/kg/dose (order in 5/10/15mg doses)
IV Hydrocortisone 3-4mg/kg/dose (usu order in 50/75/100mg)

Nutrition

Berocca max of 1/1 bd

Diabetes Insipidus

Monitor I/O: must PU at least 100ml/m2/hour. Inform Dr if urine < than that, or if
cumulative positive balance > than 100ml/m2/hour + 100ml.

Formulae

Est wt (in kg) = 2 x (age in yrs +4)
Est BSA = sq root (Ht in cm x Wt in kg / 3600)

Normal values

HR: <1y: 110-160, 2-5y: 95-140, 5-12y: 80-120, >12y: 60-100
RR: <1y: 30-40, 2-5y: 20-30, 5-12y: 15-20, >12y: 12-16
Lowest SBP = neonate: 60, infant: 70, thereafter: [70+ (2 x age in yrs)]
Lowest mean BP = lowest SBP - 20

Emergency

Total body blood volume = 80ml/kg
ETT size = age/4 + 4
Adrenaline IV (1:10000) 0.1ml/kg [for anaphylaxis, asystole]
Adrenaline ETT (1:1000) 0.1ml/kg
Atropine 0.02mg/kg (max 0.5mg)
Ca gluconate 1ml/kg
NaHCO3 2-4ml/kg
Dextrose 10% 5ml/kg
Volume resus (with N/S, 5% albumin, blood, FFP): 10-20ml/kg
Cardioversion 0.5J/kg
Defibrillation (VF) 2J/kg

Disclaimer: This list is merely a guide. It may contain errors. Clinical judgement
still needs to be employed. Please use at your own, and your patient's, risk.
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