

Unique Pediatrics
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COVID-19 testing Hotline: (760) 837-8988

FEVER CARE (Temp >100.4):

Don't be afraid of fever, it is your child's method to fight an infection. Many illnesses have mild fever for 2-4 days. For temperatures in armpit, add 1 degree to compare to rectal/oral/ear temperatures. Use armpit temps to screen for fever. Check rectal, oral, or ear to confirm fever. Use an ear thermometer on children >6 months of age. Normal temps in rectum/oral/ear range from 97.6-100.3 F. Start a fever reducer for temp >102.0 F.

Acetaminophen (Tylenol-Panadol) about 8mg/lb every 4-6 hours. Max of 500-650 mg/dose for adolescent.

Ibuprofen (Motrin-Advil) about 8mg/lb every 6-8 hours*Must be >6mos. age*Max of 200-400 mg. dose for adolescent.

Call Office: Child <3 mos. age with any detected fever warrants urgent care!

Child >3 mos. Age needs urgent care if fever is >104.0 F for more than 3-4 hrs. and tried acetaminophen, ibuprofen, and 15 min lukewarm bath. Schedule routine appt. for fever of 100.4-103.9 F by 3rd or 4th day or if fever >102.0 F for more than 12 hrs. with acetaminophen or ibuprofen. (Try switching meds by 8-12 hrs.)

MINOR COUGH AND COLD:

This minor viral illness usually resolves by 7-14 days. The 1st 3-4 days are the worst for cough & congestion.

Child <2yrs.-For congestion use humidifier or nasal suction with nasal aspirator 2-3 x's/day, don't overdue suctioning. Consider 1-2 saline drops (1/4 tsp salt per 8 oz. water) to loosen mucus. Remember 1 nostril at a time. For cough use warm liquids (breast milk, formula, water) to soothe irritated throat. I usually don't recommend meds as they are stimulants & can cause irritability, however, Zarbee's makes a natural cough suppressant with honey for children >12 mos. age and Agave for babies <12 mos. age.

Child >2yrs.-For congestion and cough use pseudoephedrine (Dimetapp, Sudafed, etc.) and dextromethorphan (Robitussin DM, Triaminic DM, etc.) Cough drops can be a choking hazard for those under 5 yrs. of age. Buy Children's syrup, it's the cheapest. >2yrs old give full-recommended dose every 4-6 hrs. as needed.

Call Office: Schedule an apt for nasal discharge 7-10 days/prolong or repeat onset of fevers/worsens during 2nd week of illness or ill for >2wks/severe sore throat without cough could be strep. Urgent care for rapid difficulty breathing/chest pain/prolong, intense, or frequent coughing spasms/restricted breathing with unusual sounds of wheezes (when exhales) or stridor (when inspires) cyanosis (bluish) discoloration.

VOMITING ILLNESS CARE:

Do not start diet change unless noted recurrent or persistent vomiting. For example 4-6 episodes over 4 hours observation. Most vomiting illness resolves by 1-2 days. I don't recommend meds to inhibit vomiting as care may be delayed for emergencies. Most meds for vomiting have side effects of drowsiness, dizziness, and abnormal facial movements.

If needed: Restrict all liquids and solids for 1 hour. Then reintroduce clear liquids (water, juice, Gatorade, pedialyte, Jell-O water, and gelatin) at 1oz serving per 15 min of observation for vomiting. If tolerated for 1 hour advance to 2oz servings. By 3rd hour advance to 3oz servings. If tolerated, may reintroduce **BRATT diet** (banana, rice, applesauce, tea, toast, cooked egg white, soy milk/formula, cereal, noodles, soft cooked veggies or fruit) again at 15 min intervals about 4-8 bites/serving. Resume regular diet if not vomiting for 24 hours.

For strictly breastfed infants, offer 10 mins of breastfeeding or breastfeed 1 side for 15 mins then wait 15 mins to see if tolerated. Strictly formula fed infants can be bottle-fed clear liquids for 4-8 hours.

Call Office: Urgent appts for intense abdominal pain>2hrs/green vomitus. Not tolerating above plan by 2-3 hours/ dehydration noted by dry mouth, no tears, sunken eye sockets, not urination by 12 hour intervals/lethargic-extreme sleepy behavior/vomiting >2days.

DIARRHEA ILLNESS CARE:

It's normal for infants to have frequent soiling at 2-3 hr. intervals. Older children can have 1-2 stools per day. Diarrhea (loose-watery stools) can last up to 2 wks. starting with frequency of 1 per 2 hrs. The rate of diarrhea diminishes by half every 3 days till resolved. Diarrhea of 1 per 3 hrs. (8BM's/day) warrants diet treatment similar to the above treatment for vomiting. Resume regular diet if having 1 diarrhea stool per 6 hrs. (<5BM's/day). Medicine for diarrhea? Not recommended as diet changes should be sufficient, not effective, or carry risk of hives.

Call Office: Same as vomiting instructions/bloody diarrhea/diarrhea past 2 wks. duration.

ANY CHILD WITH >2HOURS OF SEVERE PAIN NEEDS URGENT-EMERGENCY CARE!!!
ANY CHILD WITH >4HOURS OF MILD PAIN NEEDS TO BE SEEN IN 24 HOURS!!!

(revised March 2020)

Tylenol Dosing Chart:

Weight	Age	Children's Liquid 160mg In 5mL (1tsp)	Children's Tylenol 80mg In each Tab	Jr Tylenol 160 mg in Each Tablet
6-11 lbs	0-3 mos	¼ tsp / 40 mg	-----	-----
12-17 lbs	4-11 mos	½ tsp / 80 mg	-----	-----
18-23 lbs	12-23 mos	1 tsp / 160 mg	-----	-----
24-35 lbs	2-3 years	1 ¼ tsp or 200 mg	2 tablets	-----
36-47 lbs	4-5 years	1 ½ tsp or 7.25 mL	3 tablets	-----
48-59 lbs	6-8 years	2 tsp or 10 mL	4 tablets	2 tablets
60-71 lbs	9-10 years	2 ½ tsp or 12.5 mL	5 tablets	2 ½ tablets
72-95 lbs	11 years	3tsp or 15 mL	6 tablets	3 tablets
96 lbs & over	12 years	-----	-----	4 tablets

Children's Tylenol Cold, Flu & Allergy Dosing Chart:

Weight	Age	Plu Multi Symptom Cold	Plus Flu	Plus Cold	Plus Cold & Allergy	Plus Cough & Runny Nose	Plus Cough & Sore Throat
6-11 lbs	0-3 mos	-----	-----	-----	-----	-----	-----
12-17 lbs	4-11 mos	-----	-----	-----	-----	-----	-----
18-23 lbs	12-23 mos	-----	-----	-----	-----	-----	-----
24-35 lbs	2-3 yrs	1 tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL	1tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL
36-47 lbs	4-5 yrs	1 tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL	1 tsp or 5 mL
48-59 lbs	6-8 yrs	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL
60-71 lbs	9-10 yrs	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL
72-95 lbs	11 yrs	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL	2 tsp or 10 mL
96 lbs & over	12 yrs	-----	-----	-----	-----	-----	-----

Motrin Dosing Chart:

Weight	Age	Infant Drops	Children's Suspension	Junior Strength Caplets	Junior Strength Chewables	Children's Cold Suspension
6-11 lbs	0-3 mos	-----	-----	-----	-----	-----
12-17 lbs	4-11 mos	1.25 mL	-----	-----	-----	-----
18-23 lbs	12-23 mos	1.875 mL	-----	-----	-----	-----
24-35 lbs	2-3 yrs	-----	1 tsp or 5 mL	-----	-----	1 tsp or 5 mL
36-47 lbs	4-5 yrs	-----	1 ½ tsp or 7.5 mL	-----	-----	1 tsp or 5 mL
48-59 lbs	6-8 yrs	-----	2 tsp or 10 mL	2 caplets	2 tablets	2 tsp or 10 mL
60-71 lbs	9-10 yrs	-----	2 ½ tsp or 12.5 mL	2 ½ caplets	2 ½ tablets	2 tsp or 10 mL
72-95 lbs	11 yrs	-----	3 tsp or 15 mL	3 caplets	3 tablets	2 tsp or 10 mL
96 lbs & over	12 yrs	-----	-----	-----	-----	-----