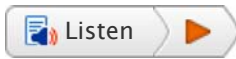


[Healthy Children](#) > [Safety & Prevention](#) > [At Home](#) > [Medication Safety](#) > Dextromethorphan (DM) Dosage Table (Cough Suppressant)

Safety & Prevention



Dextromethorphan (DM) Dosage Table (Cough Suppressant)

Child's Weight (pounds)	16-31	32-47	48-63	64-79	80-95	96-129	130+	lbs
Liquid 5 mg/1 teaspoon (tsp)	1/2	1	1 1/2	2	2 1/2	3	--	tsp
Liquid 5 mg/5 milliliters (ml)	2.5	5	7.5	10	12.5	15	--	ml
Liquid 7.5 mg/1 teaspoon (tsp)	--	--	1	1	1 1/2	2	3	tsp
Liquid 7.5 mg/5 milliliters (ml)	--	--	5	5	7.5	10	15	ml
Liquid 10 mg/1 teaspoon (tsp)	--	--	--	1	1	1 1/2	2	tsp
Liquid 10 mg/5 milliliters (ml)	--	--	--	5	5	7.5	10	ml

Indications: Cough suppressant. Dextromethorphan (DM) is present in most cough syrups.

Table Notes:

- **AGE LIMIT:** Don't use under 4 years of age.
- **Over 4 years of age:** NOT recommended as primary treatment of cough. Use **HONEY** instead. Avoid multi-ingredient products in children under 6 years of age. (Reason: FDA recommendations 10/2008).
- **DOSAGE:** Determine by finding child's weight in the top row of the dosage table.
- **MEASURING the DOSAGE:** Syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medication. If you use a teaspoon, it should be a measuring spoon. Regular spoons are not reliable. Also, remember that 1 level teaspoon equals 5 ml and that 1/2 teaspoon equals 2.5 ml.
- **FREQUENCY:** Repeat every 6-8 hours as needed
- **ADULT DOSE:** 20 mg

To find a pediatrician, click [here](#).

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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

