



Cough & Cold Care

- For both Cold & Cough Symptoms: Use **Triaminic Red** Suspension.
- For only Cold, no Cough: Use **Triaminic Orange** Suspension.

1. Do not use it below 2 yrs of age.
2. Nasal saline (Salt water) drops work best for cold symptoms in children below 2 years of age. For more information on salt water drops please see the information below.

Dose: Above 2 yrs of age:

1. Take one milliliter (not teaspoon) of appropriate Triaminic for every 10 pounds weight.
2. Please use it preferably at bedtime only.
3. Maximum allowed dose:
 - a) Below 6 yrs of age = One teaspoon.
 - b) Above 6 yrs of age = Two teaspoon.

For Example:

Child's Weight	Triaminic Dose
20 pounds	2 milliliter (ml)
30 pounds	3 milliliter (ml)
40 pounds	4 milliliter (ml)
50 pounds	5 milliliter (ml)

If your child is not improving or getting worse, please call our office.

Salt Water Nose Drops

In young infants with nasal congestion, salt water (saline) nose drops offer a safe and effective way to help your baby with the congestion.

You may purchase these drops over the counter (examples Na-Sal, or Ocean saline nose drops). If you purchase saline nose drops, they will come with a dropper bottle.

You can also make your own salt water drops at home. Mix 1/4 teaspoon salt and 1 cup (8 oz) of water. Stir well. Use the drops as instructed below at room temperature. After 24 hours you should make a new solution and discard the old. You will need a clean dropper to use with your salt water drops.

Carefully place four drops of saline solution in one side of your baby's nose. Wait about five seconds, then suction that nostril out with your blue bulb syringe, then do the same process on the other side. Repeat this process two times on the each side.

You should do this 10 minutes before every feeding and 10 minutes before putting baby to bed/sleep to help relieve nasal congestion.

Even if you don't get much out, it is still helpful to your child because it loosens up his/her nasal mucous, and makes it easier for him/her to cough or sneeze out the congestion. At night, you should do this at least every four hours, if your baby has an upper respiratory infection.

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