



# Traveling by Air: Frequently Asked Question

**Q:** My infant is flying with us for the first time. Can I give him/her Benadryl to make him sleepy?

**A:** You can if your child is over 6 months old, however, some infants may have the opposite effect and become hyperactive. Give a “test dose” of Benadryl several days before the flight. **Do NOT use Benadryl if your child is under 6 months old.**

Recommended doses for Children’s Benadryl:

<u>Age</u>	<u>Dose</u>
6m-15m	¼ tsp every 6-8 hours
15m-2y	½ tsp every 6-8 hours
2y-4y	¾ tsp every 6-8 hours
4y and older	1 tsp every 6-8 hours

**Q:** My infant is flying for the first time. Is there anything I should do?

**A:** Give your infant a bottle of formula or nurse your child during take off and landing. This will decrease the pressure in your infant’s ears. Also, you may give your infant Tylenol 30 minutes before the flight. Children older than 6 months may have Motrin.

**Q:** Can I give both Tylenol & Benadryl together before the flight?

**A:** Yes, see question #2 for Benadryl details.

Travel Medication Checklist

- ➔ Infant’s or Children’s Tylenol/Acetaminophen
- ➔ Infant’s or Children’s Motrin/Ibuprofen (6m or older)
- ➔ Children’s Benadryl/Diphenhydromine (6m or older)

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The information contained in this handout should not be used as a substitute for the medical care and advice from Dr. Lin. There may be variations in treatment Dr. Lin may recommend based on individual facts and circumstances.