

INFECTIOUS DISEASE SERVICES OF GEORGIA

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Over the Counter Cough/Cold Remedies

NASAL CONGESTION

Decongestants are used to relieve nasal congestion in the upper respiratory tract. The active ingredient in most is either pseudoephedrine or phenylephrine. These two ingredients work by causing vasoconstriction, or narrowing, of the blood vessels in the nose, throat, and sinuses, resulting in decreased inflammation, swelling, and mucus formation.

Side effects: Decongestants may cause nervousness, dizziness, difficulty sleeping, irregular heart beat or high blood pressure.

Behind the counter: Currently, there are restrictions on OTC decongestant purchases. You must purchase some decongestants behind the counter at the pharmacy. Some restrictions include a limit on the monthly amount an individual can purchase, a requirement to show a photo ID, and retailers must record and keep personal information about customers for at least 2 years after a purchase.

Caution: Try to avoid combination products that treat many symptoms at once. For example, you might use a decongestant for a stuffy nose. Do not use a decongestant combined with other active ingredients like cough medicine, antihistamine, or acetaminophen unless you are certain you aren't taking other medicines that also contain those ingredients. This will help keep you from taking too much of one of these ingredients.



Decongestant Names:

Generic:
pseudoephedrine

Brands:
Sudafed
Dimetapp Decongestant
Chlor-Trimeton Nasal D
Claritin-D
Allegra-D

Generic:
phenylephrine

Brands:
Neo-Synephrine
Vicks Sinex
Sudafed PE

Generic:
Tetrahydrozoline
Naphazoline

Brands:
Clear Eyes
Visine

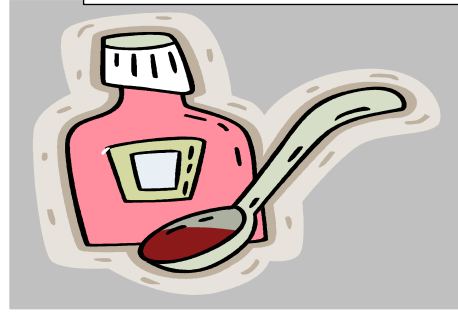
COUGH

ALLERGY SYMPTOMS

Antihistamines help prevent or relieve allergy symptoms such as itching, sneezing, runny nose, and watery eyes. They do this by preventing histamine that your body releases from attaching to cells. Side effects of certain antihistamines may include drowsiness and/or dry eyes and mouth.

Antihistamine Names

Diphenhydramine:	Benadryl
Chlorpheniramine:	Chlor-Triemton
Brompheniramine:	Dimetapp Cold and Allergy Elixir
Dimenhydrinate:	Dramamine
Loratadine:	Alavert Claritin
Cetirizine:	Zyrtec



EXPECTORANTS

Expectorants work by thinning the mucus which helps clear the mucus from the airway.

Expectorant Names:

Guaifenesin

Mucinex
Robitussin Chest
Congestion

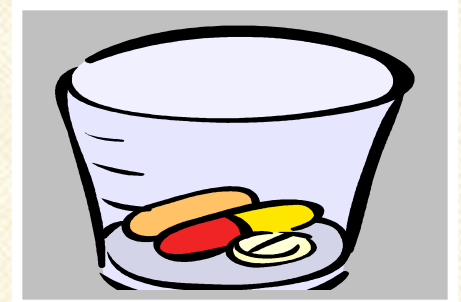
ANTITUSSIVES

Antitussives work as a cough suppressant by blocking the cough reflex.

Antitussive Names:

Dextromethorphan

Triaminic Cold and Cough
Robitussin Cough
Vicks 44 Cough and Cold



SORE THROAT

Salt Water Gargles

Salt water gargles are a common way to cleanse and soothe a sore throat. The salt helps neutralize the acids in the throat, restoring the natural pH and relieving the burning sensation. Dissolve ½ tsp salt in 1 cup of warm water. You may gargle several times per day.

Throat Lozenge (aka Cough Drop)

A throat lozenge is a medicated tablet intended to dissolve slowly in the mouth to temporarily stop coughs, lubricate and soothe irritated tissues of the throat.

Names: Cepacol, Chloraseptic, Halls, Luden's, Ricola, Sucrets, Vicks

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