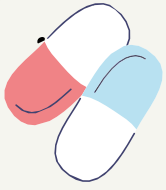


Cold and Cough

OTC Drugs



Nasa Decongestants

STUFFY NOSE

PHENYLEPHRINE (Neo-Synephrine and others)

- 12 years and older : 10 mg
- 6-11 years: 5mg
- 4-5 years: 2.5 mg
- Younger than 4 year: NOT RECOMMENDED

PSEUDOEPHEDRINE

ORAL (every 4-6 hours)

- 12 years and older : 60 mg
- 6-11 years: 30 mg
- Younger than 6 years: 15 mg

ORAL SR (every 12 hours)

- 12 years and older : 120 mg
- Younger than 12: NOT RECOMMENDED

ORAL CR (every 24 hours)

- 12 years and older : 240 mg
- Younger than 12: NOT RECOMMENDED

SAFE WITH: Antihistamines, Cough Suppressants, Expectorants, and Pain relievers



Cough Suppressant

PERSISTENT COUGH



DEXTROMETHORPHAN

- 12 years and older: 10-30 mg every 4-6 hours

SAFE WITH: Antihistamines, Decongestants, and Expectorants

DIPHENHYDRAMINE

(ANTIHISTAMINE WITH THE ABILITY TO SUPPRESS COUGH)

- 12 years and older: 25-50 mg 4-6 every hours
- Children under 10 kg: 12.5-25 mg three or four times/day

GUAIFENESIN

Immediate-Release

- 12 years and older: 200-400 mg every 4-6 hours

MAX DOSE: 6 doses/day (2400 mg/day)

Extended-Release

- 12 years and older: 600-1200 mg every 12 hours

MAX DOSE: 2400 mg/day

Oral Solutions

- 12 years and older: 200-400 mg 4 hours. MAX DOSE: 2400 mg/day

Expectorant

THICK MUCUS

