

Medicines to Treat Cough & Cold

Generic name (Active ingredient)	Dosage	Common side effects	Special precautions	Legal status
Pharmacy Only Medicine				
Zytrec-D (contains pseudoephedrine & cetirizine)	For adults and children 12 years old and above: Take 1 tablet twice a day	<ul style="list-style-type: none"> • Drowsiness (for Actifed and Fedac) • Dry mouth • Nervousness • Insomnia • Increase in heart rate 	<ul style="list-style-type: none"> • Hypertension • Hyperthyroidism • Coronary heart disease • Diabetes • Glaucoma • Enlarged prostate gland 	Pharmacy only
Clarinase (contains loratidine & pseudoephedrine)	<u>Clarinase repetab:</u> For adults and children 12 years old and above: Take 1 tablet twice a day <u>Clarinase 24 hour tablet:</u> For adults and children 12 years old and above: Take 1 tablet once a day <u>Clarinase syrup:</u> For children aged 6 to 12 years old: Above 30kg: 5 ml twice a day Under 30kg: 2.5 ml twice a day	Contraindications <ul style="list-style-type: none"> • Severe hypertension or contrary disease • Uncontrolled hyperthyroidism • Urinary retention • Use of MAOI (includes Parkinson and antidepressant medicines) within last 14 days 		Pharmacy only

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Promethazine (nausea and vomiting)	<p>For adults: 12.5-25 mg every 4-6 hours as needed</p> <p>For children > 2 years old: 0.25-1 mg/kg 4-6 times/day as needed, max 25mg/dose</p> <p>For children < 2 years old: Contraindicated</p>	<ul style="list-style-type: none"> • Drowsiness • Dry mouth • Constipation • Urinary retention 	May cause drowsiness	Pharmacy only
<p>Bromhexine 8 mg tablet</p> <p>Bromhexine 4 mg/5 ml Elixir</p>	<p>For adults and children > 12 years: 8 mg three times a day</p> <p>For children 6 to 12 years: 4 mg three times a day</p> <p>For children 2 to 5 years: 2 mg three times a day</p>	<ul style="list-style-type: none"> • Nauseous • Gastric discomfort • Headache 	<p>Caution use in:</p> <ul style="list-style-type: none"> • Pregnancy • Lactation 	Pharmacy only
Ambroxol HCl 30mg/5 ml Elixir or 30 mg tablet (Mucosolvan)	<p>For adult and children >12 years: 30 mg three times a day</p> <p>For children 6 to 12 years: 15mg two to three times a day.</p> <p>For children 2 to 5 years: 7.5mg two to three times a day</p>	<ul style="list-style-type: none"> • Nauseous / vomiting • Gastric discomfort • Possible allergic reactions like rashes, itchiness 	<p>Caution use in:</p> <ul style="list-style-type: none"> • Pregnancy • Lactation • Renal or liver impairment <p>To take after food</p>	Pharmacy only

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Acetylcysteine 600 mh effervescent tablet/100 mg granules (Fluimucil)	For adult: 600mg effervescent tablet once a day <u>Granules</u> For Adult: 200 mg three times a day For Children 2 to 6 years: 100 mg to 200 mg two times a day	<ul style="list-style-type: none"> • Nausea, vomiting • Rarely allergic reactions 	Contraindications: <ul style="list-style-type: none"> • Known hypersensitivity to acetylcysteine • Phenylketonuria 	Pharmacy only
Diphenhydramine 10 mg/5ml (Include ammonium chloride 125mg, Na citrate 50 mg)	For adults and children > 12 years: 5-10 ml three times a day For children from 6 to 12 years: 5-7.5 ml three times a day	<ul style="list-style-type: none"> • Sedation • Gastrointestinal disturbances • Headache • Blurred vision • Tinnitus 	Caution use in: <ul style="list-style-type: none"> • Glaucoma • Epilepsy • Children > 2 years old 	Pharmacy only
Diphenhydramine 5 mg/5ml (Include ammonium chloride 62.5 mg, Na citrate 50 mg)	For children from 6 to 12 years: 7.5 to 10 ml three times a day For children from 2 to 5 years: 2.5 to 5 ml three times a day			Pharmacy only

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Rhinathiol 2% syrup (Carbocisteine)	<p>For children > 5 years: 5ml three times a day</p> <p>For children 2 to 5 years: 2.5ml two times a day</p>	<ul style="list-style-type: none"> • Nauseous • Gastric discomfort • Risk of allergy 	<p>Contraindications:</p> <ul style="list-style-type: none"> • Allergy to paraben <p>Caution use:</p> <ul style="list-style-type: none"> • Presence of stomach or duodenum ulcer • Diabetes mellitus • Pregnancy <p>Do not prolong treatment beyond 8 to 10 days without first consulting your doctor</p>	Pharmacy only
<p>Rhinathiol Promethazine syrup</p> <p>(per 5ml syrup contain: 100mg carbocisteine and 2.5mg promethazine)</p>	<p>For adults: 15ml three to four times a day</p> <p>For children 12 to 15 years: 10 to 15ml three times a day</p> <p>For children 6 to 12 years: 7.5 to 12.5ml three times a day</p> <p>For children 2 to 5 years: 2.5 to 5ml three to four times a day</p>	<ul style="list-style-type: none"> • Drowsiness • Dizziness • Dry mouth • Constipation • Urinary retention 	<p>Contraindications:</p> <ul style="list-style-type: none"> • Allergy to paraben or antihistamine • Former or recent marked fall in white blood cells • Urination difficulties • Glaucoma • Children < 2 years <p>Caution use</p> <ul style="list-style-type: none"> • Presence of stomach or duodenum ulcer • Severe heart disease • Epilepsy • Diabetes mellitus • Elderly • Pregnancy 	Pharmacy only

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Actifed[®] (per 5ml syrup contain : 1.25mg triprolidine HCl and 30mg pseudoephedrine)	For adult and children > 12 years: 10ml three times a day For children 6 to 12 years: 5ml three times a day For children 2 to 5 years: 2.5ml three times a day	<ul style="list-style-type: none"> • Sedation • Sleep disturbance • Skin rashes • Dryness of nose 	Contraindications: <ul style="list-style-type: none"> • Patients receiving MAOIs therapy or within 14 days of discontinuing such treatment • Severe hypertension Caution use in: <ul style="list-style-type: none"> • Hypertension • Heart disease • Hyperthyroidism • Diabetes mellitus • Elevated eye pressure • Prostatic enlargement • Severe liver / renal impairment • Pregnancy • Not recommended during lactation 	Pharmacy only
Actifed[®] Tablets (per tablet contain:2.5mg triprolidine HCl and 60mg pseudoephedrine)	For adult and children > 12 years: 1 tablet three times a day			
Actifed DM linctus (per 5 ml syrup contain: 1.25mg triprolidine, 30mg pseudoephedrine and 10mg dextromethorphan)	For adult and children > 12 years: 10 ml three times a day For children 6 to 12 years: 5 ml three times a day For children 2 to 5 years: 2.5 ml three times a day	<ul style="list-style-type: none"> • Sedation • Sleep disturbance • Skin rashes • Dryness of nose 		

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Actifed[®] Expectorant (per 5ml syrup contain: 1.25mg triprolidine HCl, 30mg pseudoephedrine and 100mg guaiphenesin)	For adult and children > 12 years: 10 ml three times a day For children 6 to 12 years: 5 ml three times a day For children 2 to 5 years: 2.5 ml three times a day	<ul style="list-style-type: none"> • Sedation • Sleep disturbance • Skin rashes • Dryness of nose 	Contraindications: <ul style="list-style-type: none"> • Patients receiving MAOIs therapy or within 14 days of discontinuing such treatment • Severe hypertension Caution use in: <ul style="list-style-type: none"> • Hypertension • Heart disease • Hyperthyroidism • Diabetes mellitus • Elevated eye pressure • Prostatic enlargement • Severe liver / renal impairment • Pregnancy/Lactation 	Pharmacy only

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Over the Counter Medicine				
Guaifenesin (100mg/5ml)	For adult and children >12 years: 10 to 15ml three times a day For children 6 to 12 years: 5 to 10ml three times a day For children 2 to 5 years: 2.5 to 5ml three times a day	<ul style="list-style-type: none"> • Gastric discomfort 	Not recommended for children < 2 years	Over the counter