

COUGH AND COLD

EVIDENCE BASED TREATMENT

General	<ul style="list-style-type: none"> • Antihistamine + decongestant combination (likely due to D alone) 	
Fever & Pain	<ul style="list-style-type: none"> • Acetaminophen (HA, fever) • ASA, Ibuprofen, Naproxen (HA, ear pain, muscle & joint pains, sneezing) 	
Runny Nose	<ul style="list-style-type: none"> • AH or 1st gen AH + D (small benefits, SEs >> benefits) • Intranasal ipratropium bromide (Rx) 	
Sore Throat	<ul style="list-style-type: none"> • Lozenges • Throat sprays & gargles 	
Productive cough	<ul style="list-style-type: none"> • NOT desirable to suppress • Guaifenesin 	
Dry cough	<ul style="list-style-type: none"> • Lozenges (soothing) • Dextromethorphan • Honey (studies in children, no data for adults) 	
Congestion	<ul style="list-style-type: none"> • Vapor rub (avoid in <2 yo) • Decongestant (oral or topical) 	
Pregnancy	<ul style="list-style-type: none"> • Acetaminophen safe • Avoid ASA • Avoid ibuprofen, naproxen if trying to conceive and especially in 1st and 3rd trimester 	
Lactation	<ul style="list-style-type: none"> • Acetaminophen, ibuprofen, naproxen, diphenhydramine, desloratadine = acceptable • Oxymetazoline, DM, guaifenesin = acceptable 	
NHPs	<u>PREVENTATIVE</u> <ul style="list-style-type: none"> • Ginseng (P. quinquefolius) • Vitamin C ONLY in those with high physical stress • Andrographis – maybe for influenza 	<u>TREATMENT</u> <ul style="list-style-type: none"> • Andrographis • Zinc lozenges (gluconate or acetate) • Probiotics