Second: Products containing anticough medicines

1. Products combining anticough classes

* Combinations of a cough suppressant & an expectorant, and combinations of a cough suppressant and a mucolytic are not justified. In cases where the cough is troublesome such as that interferes with sleep and the combination product is the only available product, its use should be before sleep provided that there are no bacterial infection or the patient is already on a suitable antibacterial treatment.

1. Products combining anticough & nonanticough medications

* What makes a combination of an anticough & a nonanticough rational or not is whether the patient in question has associated symptom(s) other than the cough.

1. If the patient is dyspneic, an anticough product that contains a bronchodilator such as pseudoephedrine is justified. However, referral is indicated if the dyspnea is severe, nocturnal, or dyspnea at rest.
2. If the patient has a runny nose (nasal congestion, as in common cold), an anticough product that contains a nasal decongestant such as pseudoephedrine is justified. Note that pseudoephedrine may cause insomnia if taken far enough from the bedtime.
3. If the patient is a known case of allergic rhinitis, an anticough product that contains an antihistamine is beneficial for nasal itchiness and sneezing, but less effective for nasal congestion if it coexists.