



Kapa'a Pediatrics, LLC

Medications Over-the-Counter

Kapa'a Pediatrics does NOT recommend ANY specific symptomatic treatment for your child's common cold for the following reasons:

- 1) There is no established appropriate dose for children, based on age or weight.
- 2) There are no studies that have consistently shown any significant benefit of using these medications for a common cold.
- 3) There are side effects to these medications, sometimes fatal, and many pediatric emergency room visits are due to overdose of over-the-counter (OTC) cold medicines.
- 4) It is our opinion that a runny nose and a productive cough should not be suppressed by medication as this may prolong the cold or put them at risk of developing bacterial infections like sinusitis or pneumonia.

If you insist on giving your child an OTC common cold medication, the following table may help you understand the intent of the ingredients.



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Symptoms	Over-the-Counter Medication Ingredients
Fever	Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) Don't give Aspirin to children under 20yrs. old
"Stuffy" Clogged Nose	Nasal decongestant: -Oxymetazolin (Afrin) -Phenylephrine hydrochloride (Neo synephrine) -Pseudoephedrine or Phenylephrine (Sudafed), prescription needed for pseudoephedrine Salt water nose drops: Although safe, usually 10 drops are needed to move any mucous through the nasal passage. Suctioning is not needed with this procedure and can cause more irritation and swelling in the nose. Humidifiers: Does not make logical sense why this would work in Hawaii where it is always humid. Always use distilled water to avoid mold growth.
Thick Secretions	Guaifenesin is supposed to thin out lung secretions.
Coughing	Dextromethorphan- often denoted by a "DM" on other cold medications Narcotics- these actually do work and cause cough suppression, but side effects like respiratory depression or failure outweigh any benefits.
Can't sleep	Antihistamine Sedating: Diphenhydramine (Benadryl) Doxylamine succinate (Nyquil)- note: also contains other ingredients like tylenol
Allergic Runny Nose	Antihistamine Non-Sedating (does NOT work for common cold, but does work for some allergies): Cetirizine hydrochloride- Zyrtec Loratadine- Claritin Fexofenadine hydrochloride- Allegra Brompheniramine- one component of Dimetapp
Sore Throat	Lozenges, various types, may soothe throat. Numbing sprays (Phenol)- purpose to numb throat

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***