

Poison Prevention Antidote



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Cough and Cold Medicine Safety

By: Lucas Kosobuski, Student Pharmacist
University of Minnesota, College of Pharmacy

Coughs and colds are something most people have experienced and treated on their own by using products from local pharmacies or stores. Many different types of over-the-counter cold and cough medicines exist and when used correctly can make us feel at least a little better. But, if used incorrectly, can make you feel worse or be dangerous.

How can harm happen?

Most harm occurs when products are used incorrectly, and instructions are not followed. For example, when too much cold and cough medicine is taken. Over-the-counter cough and cold medicines are not recommended for children younger than 2 because they could cause serious and potentially life-threatening side effects.



What to look out for:

Phenylephrine (Mucinex, Sudafed PE, Tylenol Cold and Flu)

Phenylephrine is an ingredient in many medicines because it helps with congestion. But if too much is used it can cause headaches, racing heart, trouble sleeping, agitation, hallucinations, and seizures. To stop this from happening, follow the directions on the box or bottle and avoid combining multiple products that use phenylephrine.

Dextromethorphan (Robitussin, Delsym, Vicks Formula 44, Mucinex)

Dextromethorphan is a commonly used medicine in many different cough and cold products because it can help lessen or stop coughing. But when too much is taken it can cause sleepiness, dizziness, vomiting, trouble thinking, trouble breathing hallucinations, and a racing heart. To stop this from happening, follow the directions on the box or bottle and avoid combining multiple products that use dextromethorphan.

What to do if you are exposed:

Phenylephrine

- Drink water as you are able
- Go to the hospital if hallucinations, seizures, or serious effects happen

Dextromethorphan

- Drink water as you are able
- Give naloxone if you cannot wake the person up or they have trouble breathing
- Go to the hospital if hallucinations or serious effects happen

Call the Poison Center at **1-800-222-1222** for advice

Call 911 if someone is unconsciousness, not breathing or hang a seizure

Upcoming Events

- National Poison Prevention Week
March 19-25, 2023



Did You Know?



- National Poison Prevention Week began in 1961
- It's the third full week in March each year
- It's a week dedicated to raising awareness to poison centers and the Poison Help line 1-800-222-1222
- NPPW 2023 is March 19-25

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1-800-222-1222 FOR EMERGENCIES OR QUESTIONS