

ACTIVE LEARNING TEMPLATE: Medication

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MEDICATION guaifenesin REVIEW MODULE CHAPTER _____

CATEGORY CLASS Expectorant

PURPOSE OF MEDICATION

Expected Pharmacological Action

Reduces viscosity of tenacious secretion by increasing respiratory tract fluid

Therapeutic Use

Allergy, cold and cough remedies

Complications

Derm: Rash, urticaria
GI: Diarrhea, nausea, stomach pain, vomiting
Neuro: Dizziness

Medication Administration

PO (Adults) Immediate release 200-400 mg every 4 hrs
Extended release 600-1200 mg every 12 hrs
Don't exceed 2400 mg/day
PO (6-12yr) Immediate release 100-200 mg every 4 hrs
Extended release 600 mg every 12 hrs
Don't exceed 1200 mg/day

Contraindications/Precautions

Contraindications

- Hypersensitivity
- Patients w/ phenylketonuria

Precautions

- Cough lasting >1wk or accompanied w/ fever, rash, headache
- Diabetic
- Breastfeeding pts
- Children under 6 yrs

Nursing Interventions

- Assess lung sounds (cough & frequency)
- Maintain fluid intake 1500 - 2000 ml/day

Interactions

None reported

Client Education

- Instruct pt to cough & take deep breath
- Don't administer OTC to pt under 4 yrs
- Inform of possible side effects
- Contact doctor if cough persists over 1 week

Evaluation of Medication Effectiveness

- Reduction of cough & frequency