

ACTIVE LEARNING TEMPLATE: *Medication*

STUDENT NAME Abigail Fike

MEDICATION Guaifenesin

REVIEW MODULE CHAPTER Expectant

CATEGORY CLASS Expectorant, cold remedy

**PURPOSE OF MEDICATION**

**Expected Pharmacological Action**

Guaifenesin decreases viscosity of secretions in acute or chronic cough by increasing respiratory tract fluid. Loosens phlegm and thin bronchial secretions.

**Therapeutic Use**

Used for allergy, cold, cough remedies. Mobilizes expectoration of cough and mucus, but does not suppress.

**Complications**

Derm: rash, urticaria (hives)  
GI: diarrhea, nausea, stomach pain, vomiting  
Neuro: dizziness, headache  
Endo: Hypouricemia

**Medication Administration**

PO (Adults): immediate release: 200-400 mg every 4 hr. ER: 600-1200 mg every 12 hr. Max dose: 2400 mg/day.

**Contraindications/Precautions**

Use cautiously with cough lasting >1 week with rash, fever, or headache.  
Some products may contain sugar - diabetics.  
Some products may contain aspartame - do not use with phenylketonuria  
Some products may contain alcohol - avoid if no tolerance with alcohol  
OTC cough and cold products with Guaifenesin should be avoided in children <4 yrs old.

**Nursing Interventions**

Encourage fluid intake to lower viscosity of secretions. Listen to lung sounds for improved air movement. Give with food if experiencing GI irritation. Document sputum characteristics overtime.

**Interactions**

No drug-drug interactions reported.

**Client Education**

Patient should sit upright and take several deep breaths before coughing. Take with a full glass of water. Avoid alcohol. May cause dizziness, avoid driving or other activities requiring alertness. Limit talking or smoking to alleviate discomfort. If cough persists >1 week, or experiencing rash, fever, or sore throat, contact provider. Women that are pregnant or breastfeeding should consult a provider before use.

**Evaluation of Medication Effectiveness**

Monitor thinning of mucus and phlegm secretions.  
Observe frequency of cough.