

ACTIVE LEARNING TEMPLATE: Medication

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MEDICATION guaifenesin REVIEW MODULE CHAPTER _____

CATEGORY CLASS allergy, cold, and cough remedies, expectorant

PURPOSE OF MEDICATION

Expected Pharmacological Action

Reduces viscosity of tenacious secretions by increasing respiratory tract fluid; Mobilization and subsequent expectoration of mucus.

Therapeutic Use

Relief of cough associated with viral upper respiratory infections (URIs)

Complications

Derm: rash, urticaria. GI: diarrhea, nausea, stomach pain, vomiting.
Neuro: dizziness, headache.

Medication Administration

PO (Adults): Immediate release: 200–400 mg every 4 hr; Extended release: 600–1200 mg every 12 hr; not to exceed 2400 mg/day.
PO (Children 6–12 yr): Immediate release: 100–200 mg every 4 hr Extended release: 600 mg every 12 hr; not to exceed 1200 mg/day.
PO (Children 4–6 yr): Immediate release: 50–100 mg every 4 hr (not to exceed 600 mg/day).

Contraindications/Precautions

Contraindications: Hypersensitivity; Some products contain alcohol; avoid in patients with known intolerance; Some products contain aspartame and should be avoided in patients with phenylketonuria.

Cautions: Cough lasting >1 wk or accompanied by fever, rash, or headache; Patients receiving disulfiram (liquid products may contain alcohol); Diabetes (some products may contain sugar); OB: Although safety has not been established, guaifenesin has been used without adverse effects; Lactation: Safety not established in breastfeeding; Pedi : OTC cough and cold products containing this medication should be avoided in children <4 yr.

Nursing Interventions

Assess lung sounds, frequency and type of cough, and character of bronchial secretions periodically during therapy. Maintain fluid intake of 1500–2000 mL/day to increase viscosity of secretions

Interactions

Drug_Drug: none reported

Client Education

- instruct patient to cough effectively; patient should sit upright and take several deep breaths before attempting to cough
- Caution parents to avoid OTC cough and cold products in children < 4 years
- Inform patient drug may cause dizziness; avoid driving or other activities requiring alertness
- Patient must limit talking, stop smoking, maintain moisture in environmental air

Evaluation of Medication Effectiveness

Easier mobilization and expectoration of mucus from cough associated with upper respiratory infection.