

Symptom relief for coughs, colds, flu, sinus pressure and sore throats

- Most coughs, colds, sinus infections and flu are self-limited viral illnesses that last between 3-10 days.
- In some cases, coughs and runny noses caused by viruses can last several weeks.
- Below are helpful symptom treatments supported by up-to-date medical evidence
- ALWAYS FOLLOW PACKAGE INSTRUCTIONS
- Beware of overdose if combining these medications with other combination medications.

Sample Dosing Schedule (follow package instructions)										
	Over the Counter Drug	Dose	8:00 AM	12:00 PM	2:00 PM	4:00 PM	8:00 PM	12:00 AM	6:00 AM	Effect
	H ₂ O	16 oz	XX	X	X	X	X			improves immune system performance
	Rest	8+ hours	X					X	X	improves immune system performance
	naproxen sodium ¹	220 mg	X				X			treats pain and fever, reduces inflammation
	acetaminophen	500-625 mg	X		X		X			treats pain and fever
	dextromethorphan ²	60 mg	X				X			modestly decrease cough severity and frequency
	antihistamine with pseudoephedrine ³	1 tablet	X		X		X			reduces congestion and runny nose, post nasal drip
	cromolyn sodium	1 spray / nostril	X	X		X	X			treats malaise, aches, sneezing, congestion, sore throat, cough
	oxymetazoline ⁴	2 spray / nostril	X				X			reduces nasal secretions, opens sinuses
	nasal irrigation ⁵	per package	X				X			irrigates sinuses, relieves congestion

1 It is OK to substitute ibuprofen (aka Advil or Motrin) 400 mg every 6 hours for fever, aches, pains instead of naproxen sodium

2 Some medications for anxiety and or depression (SSRIs like paroxetine, sertraline, citalopram, escitalopram, bupropion, or other kinds of antidepressants) may cause agitation, confusion, hallucinations, spasms, shivering, and increased heart rate when combined with dextromethorphan

3 Medications containing pseudoephedrine do not typically require a prescription but are located behind the pharmacy counter. Ask the pharmacy staff.

4 DO NOT USE MORE THAN 3 DAYS. Use more than 2 x per or >3 days can result in a rebound runny nose which is difficult to treat.

5 Use distilled water - DO NOT USE TAP WATER

Beware combination medications that might cause an overdose of some of these medications or excessive sedation

Harmful or ineffective drugs/ supplements for common cold symptoms
Antibiotics
Inhaled nasal steroids
Zinc (may cause permanent loss of smell)
Codeine
Guiafenensin
Vitamin C, D, E

When to seek medical attention
Persistent fever (temp > 100.4)
Sudden worsening of symptoms
Severe headache and/ or neck pain
Lightheadedness and/ or dizziness
Shortness of breath
Chest pain

Some common brands for medications that are considered helpful. Most are also available as generics.

Medication:	naproxen sodium	acetaminophen	dextromethorphan	antihistamine with pseudoephedrine	cromolyn sodium	oxymetazoline	nasal irrigation
Some Common Brands - ask your pharmacist for help if necessary and ALWAYS FOLLOW PACKAGE INSTRUCTIONS	Aleve	Tylenol	Delsym	Benadryl D Allergy and Sinus	Nasal crom	Afrin	NeilMed® SINUS RINSE™
			DexAlone	Bromfed		Duramist Plus	DualCleanse™ Nasal Rinse Ki
			Creomulsion	Sudafed Sinus and Allergy		Dristan 12 Hr	Squip Nasaline Nasal Rinsing System
			Robitussin CoughGels LA	A.R.M.		Cheracol Nasal	
			Vicks Formula 44	Alavert-D 12-Hour		Vicks Sinex	
			Sucrets Cough	Allegra-D			
			Hold DM	Zyrtec-D			
			Triaminic Long Acting Cough	Claritin-D			
			ElixSure Cough				

Antibiotics can reduce good bacteria in the gut and have not been shown to be helpful for cough, colds, etc in several studies.

Same Exposure but Two Radically Different Responses to Antibiotics: Resilience of the Salivary Microbiome versus Long-Term Microbial Shifts in Feces

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- Single dose antibiotic vs placebo in 66 healthy adults
 - amoxicillin, clindamycin, ciprofloxacin, minocycline
- Saliva microbiome largely unchanged
- Fecal microbiome altered for 4-12 months with a reduction in bacteria that reduce inflammation
- Increase in bacteria with resistance genes

Zaura E et al, MBio, 2015 Nov 10;6(6):e01693-15

