

RESPIRATORY MEDS

EXPECTORANTS

- USED FOR:** Nonproductive cough
ACTION: Decrease viscosity of lung secretions; this will make the cough more productive
SIDE EFFECTS: Headache, dizzy, N/V
 > Prolonged use: may mask an underlying serious condition for which you have the cough

EX: GUAIFENESIN

MUCOLYTICS

- USED FOR:** Pulmonary disorders with thick mucus (CF, COPD, PNA)
ACTION: Breaks down tenacity and viscosity of secretions
SIDE EFFECTS: Bronchospasm (watch w/ asthma)
 > N/V, Rash
 > Headache, dizzy
WATCH: Pts with PUD, asthma, esophageal varices

**EX: ACETYLCYSTEINE
DORNASE ALFA**

DECONGESTANTS (ORAL+TOPICAL)

- USED FOR:** Rhinitis, sinusitis, common cold
ACTION: vasoconstricts the respiratory mucosa = ↓ inflammation
 * Relief of pain and congestion *
SIDE EFFECTS: Palpitations, restlessness
 > weakness, HTN, nervous
 Σ **REBOUND CONGESTION** Σ
WATCH: If taking with other OTC products

**EX: PSEUDOEPHEDRINE
PHENYLEPHRINE**

ANTIHISTAMINES

- USED FOR:** seasonal allergies, urticaria, angioedema, allergic conjunctivitis
ACTION: Blocks histamine at Histamine-1 receptor sites
 > Anticholinergic + antipyretic effect
SIDE EFFECTS: itching, sneezing, hives, GI upset, nausea, dry mouth, constipation, sedation, drowsy
 Σ **FALL RISK**

CONTRAINDICATED: PREGGO Σ

**EX: 1st GEN: DIPHENHYDRAMINE
2nd GEN: LORATADINE / CETIRIZINE**

NONSTEROIDAL ANTIALLERGY GROMOLYN

- USED FOR:** 3rd line drug for mastocytosis
ACTION: stops mast cells from secreting histamine
SIDE EFFECTS: Burning in nose
 itchy, watery eyes
 Bad taste in mouth
 Σ **KEY: NOT QUICK = LONG TERM!**

SUBCUTANEOUS ANTI-INFLAMMATORY OMALIZUMAB

- USED FOR:** Allergic asthma, chronic idiopathic urticaria
ACTION: Blocks the role of IgE = ↓ allergic response
SIDE EFFECTS: itching, mild rash
 > Nausea, dizzy, ear pain
 > cold symptoms
 > pain in arms or legs
 Σ **KEY: NOT QUICK
NO LIVE VACCINES** d/t immunosupp.

Medication Cheat Sheet For Respiratory

Kathleen Armour



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