

# Medications for Colds

The recommended medications for colds are provided below. Please follow instructions per the label prior to taking.

- Antihistamines: for nasal drainage/dripping
  - Example: diphenhydramine (brand name Benadryl)
- Decongestants: for nasal congestion/stuffiness
  - Examples:
    - Pseudoephedrine (brand name Sudafed) – this can only be dispensed by the pharmacist after showing ID
    - Phenylephrine (brand name Sudafed PE) – this is an over the counter medication but maybe not as effective as pseudoephedrine
- Cough suppressants: helps stop a cough however it is usually not very effective
  - Example: Dextromethorphan (brand name Robitussin)
- Expectorants: helps “loosen” phlegm however it is not always effective
  - Example: Guaifenesin (brand name Mucinex)
- Acetaminophen (brand name Tylenol): for fever and pain (sore throat, body aches)

“Multi symptom” cold medications are just combinations of the above; Please follow instructions per the label prior to taking.

**For more information, call 775-982-3892.**