

Title: There is no good evidence for or against the effectiveness of over-the-counter medications in acute cough.

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Abstract: Over-the-counter cough suppressants and expectorants are frequently recommended by physicians to treat acute cough and have been widely used by symptomatic patients for decades. However, there continues to be little data to support their efficacy, and more studies are needed to evaluate their effectiveness.

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Does cough medicine help?

What is in cough medicine?

Cough medicines contain many things that are supposed to help you feel better. These medicines usually have things that help stop your cough, help you cough up mucus, help you fall asleep, dissolve the mucus in your airway, and relieve your nasal congestion.

Does it actually work?

Many people use medicine to treat their cough and cold, but studies have not shown proof that cough medicines work. More studies need to be done, but we still do not know if over-the-counter cough medicines actually help your cough.

Is it safe for me to use cough medicine?

Over-the-counter cough medicines usually don't cause problems, but some side effects include: sleepiness, dizziness, nausea, diarrhea, and headache.

Is it safe for my children to use cough medicine?

Children 4 years old and under should not use cough medicines because they can be harmful. Be careful when you give cough medicines to children over 4 years old.

Is there anything else I can use to treat my cough?

Rest, fluids, and humidity are safe ways to help treat a cough. Some studies have shown that honey helps your cough more than over-the-counter cough medicines do! Next time, try some honey in a warm drink. But never give honey to babies less than 12 months old, even if they are coughing.

