



Minor Ailment Condition DRY COUGH	When to Refer	Advice for Self Care/Non Pharmaceutical Treatment	Treatment Options Formulary Items		
			Drug	Dose and Duration	Advice
<p>Dry cough results as a response to a stimulation of receptors in the upper respiratory tract. This is more commonly caused by a viral infection, but can be due to active or passive smoking, dust or air pollution, a change in temperature or a dry atmosphere.</p> <p>A cough can be associated with or preceded by symptoms of the common cold.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Dry, tickly or irritating cough • No sputum • Interruption of sleep 	<ul style="list-style-type: none"> • Children < 1 years • Concomitant lung disease or heart failure • Cough lasting > 3 weeks • Raised temperature for > 3 days • Shortness of breath, dyspnoea • Chest pain • Fever and/or sweating • Weight loss • Suspected croup or whooping cough • Recurrent night time cough • OTC treatment failure after 3-4 days in children, 7 days in adults • Recurrent symptoms • Adverse reaction to medicines e.g. ACE inhibitors • Immunosuppressed <p>Patients who smoke are more prone to chronic and recurrent cough and long term respiratory conditions such as emphysema. These patients may need to be referred to their GP.</p> <p>Gastro-oesophageal reflux may also present as a cough.</p>	<ul style="list-style-type: none"> • Dry coughs are usually self-limiting in normally healthy individuals and should improve within two to three weeks. • There is no good clinical evidence for the use of cough suppressants and in the young their use is not recommended. However, in older children and adults, cough suppressants may be considered for short-term use where patients require symptomatic treatment. • Soothing substances such as glycerol or syrup contained in demulcent preparations are believed by some patients to relieve dry, irritating coughs. • Maintaining a high fluid intake helps to hydrate the lungs and hot drinks have a soothing effect. • Smoking cessation and NRT programmes should be considered in those patients who are contemplating stopping smoking. 	<p>Adults and Children over 12 years old</p> <p>Pholcodine Linctus S/F</p> <p>Children 1- 12 years old</p> <p>Simple Linctus Paediatric S/F</p>	<p>5-10 ml qds</p> <p>5-10ml 3-4 times daily</p>	<p>Cough suppressants may cause sputum retention which may be harmful in patients with asthma, COPD, kidney disease or chronic bronchiectasis.</p> <p>The use of cough suppressants in children is not recommended.</p>



Dry Cough

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