guaIFENesin (gwye-fen-e-sin)


Side Effects

1. Safety: A lack of safety has been established.

Pharmacokinetics

Absorption: Well absorbed after oral administration.

Distribution: Unknown.

Metabolism and Excretion: Renally excreted as metabolites.

Half-life: Unknown.

Therapeutic Profile (expectorant action)

ROUTE ONSET PEAK DURATION
PO 30 min unknown 4–6 hr
PO-ER unknown unknown 12 hr

Contraindications/Precautions

Contraindicated in: Hypersensitivity, some products contain alcohol, avoid in patients with known intolerance. Some products contain ephedrine and should be avoided in patients with hypotension.

Use Cautiously in: Cough lasting 1 wk or accompanied by fever, rash or headache; Patients receiving disulfiram (products may contain alcohol); Diabetic patients (some products may contain sugar). OR: Although safety has not been established, guaifenesin has been used without adverse effects. Also: OTC cough and cold products containing the medication should be avoided in children < 4 yr.

Adverse Reactions/Side Effects

CNS: dizziness, headache.

GI: nausea, diarrhea, stomach pain, vomiting.

Derm: rash, urticaria.

Interactions

Drug-Drug: None significant.

Route/Dosage

PO (Adults): 200–400 mg q 4 hr or 600–1200 mg q 12 hr as extended-release product (not to exceed 2400 mg/day).

PO (Children 6–12 yr): 100–200 mg q 4 hr or 600 mg q 12 hr as extended-release product (not to exceed 1200 mg/day).

PO (Children 6–12 yr): 50–100 mg q 6 hr (not to exceed 600 mg/day).

NURSING IMPLICATIONS

Assessment

Assess lung sounds, frequency and type of cough, and character of bronchial secretions periodically during therapy. Maintain fluid intake of 1500–2000 mL/day to decrease viscosity of secretions.

Potential Nursing Diagnoses

Ineffective airway clearance (indications)

Implementation

Do not confuse guaifenesin with guanfacine. Do not confuse Mucinex with Mucomyst.

PO: Administer each dose of guaifenesin followed by a full glass of water to decrease viscosity of secretions.

Extended-release tablets should be swallowed whole; do not open, break, crush, or chew.

Patient/Family Teaching

Inform patient to cough effectively. Patient should sit upright and take several deep breaths before attempting to cough.

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H11005

Canadian drug name.

CAPITALS indicate life-threatening, underlines indicate most frequent. Strikethrough indicate discontinued.
Caution parents to avoid OTC cough and cold products while breastfeeding or administering to children < 4 yrs.

Inform patient that drug may occasionally cause dizziness. Avoid driving or other activities requiring alertness until response to drug is known.

Advise patient to limit talking, stop smoking, maintain moisture in environmental air, and take some sugarless gum or hard candy to help alleviate the discomfort caused by a chronic nonproductive cough.

Instruct patient to contact health care professional if cough persists longer than 1 wk or is accompanied by fever, rash, or persistent headache or sore throat.

Evaluation/Desired Outcomes
- Easier mobilization and expectoration of mucus from cough associated with upper respiratory infection.

Why was this drug prescribed for your patient?