

Master the Essentials: Respiratory Medications—cont'd

Class	Indications for Use	Side Effects	Contraindications and Precautions	Interactions	Examples
Expectorants	Achievement of a more productive cough	Vomiting, diarrhea, abdominal pain	Hypersensitivity	None reported	guaifenesin (Duratuss, Mucinex, Robitussin)
Anticholinergics	Dilation of the bronchi	Agitation, confusion, dizziness, drowsiness, headache, increased heart rate, thickened secretions, bronchitis	Hypersensitivity, cardiac instability, glaucoma, prostatic hypertrophy	Use with other anticholinergics not recommended	ipratropium (Atrovent), tiotropium (Spiriva)
Xanthines (methylxanthines)	Relief of asthma symptoms	Dysrhythmias, CNS stimulation, GI distress, increased blood glucose and heart rate, urinary frequency	Diabetes mellitus, glaucoma, peptic ulcer, pregnancy, hypersensitivity	Barbiturates, hydantoin, ketoconazole, loop diuretics, beta blockers, calcium channel blockers, oral contraceptives	Aminophylline, theophylline (Elixophyllin, Theo-Dur Sprinkles)
Beta-adrenergic agonists	Dilation of the bronchi	CNS stimulation; increased appetite, blood glucose, and blood pressure	CV disorders, diabetes mellitus, hyperthyroidism, kidney problems, seizure disorders	MAO inhibitors, tricyclic antidepressants, cardiac glycosides, beta blockers	albuterol (Proventil, Ventolin), bitolterol (Tornalate), epinephrine (Adrenalin), formoterol (Foradil), levalbuterol (Xopenex), isoproterenol (Isuprel), metaproterenol (Alupent, Metaprel), pirbuterol (Maxair), salmeterol (Serevent), terbutaline (Brethine)
Decongestants	Removal of fluid buildup in the respiratory passages	Hypersensitivity reactions, anxiety, decreased cardiac output, decreased urine output, electrolyte imbalances, headaches, nervousness, racing heart rate, seizures, tremor	CV disorders, diabetes mellitus, hyperthyroidism, lactation, pregnancy, hypersensitivity	Other sympathomimetics, MAO inhibitors, beta blockers, methyl dopa	Phenylephrine (Dimetapp, PediaCare, Sudafed PE Quick Dissolve, Triaminic), pseudoephedrine (Chlor-Trimeton, Contac Cold, Drixoral, Triaminic)
Glucocorticoids	Decrease of inflammation	Cough, dry mouth, hoarseness, oral fungal infection, throat irritation, headache, dizziness	Viral, bacterial, or fungal infections, heart failure, cirrhosis, diabetes mellitus, hypertension,	Barbiturates, phenytoin, oral contraceptives	beclomethasone (Vanceril, Beclvent), budesonide (Pulmicort), dexamethasone sodium phosphate