

Dry Cough

Severity

Complexity

Duration

Description

A dry cough or a non-productive cough, tends to be described as irritating or tickly. It does not involve any congestion on the chest.

Typical Symptoms

- often a dry cough develops at the end of head cold, referred to as a post viral cough
- it can sometimes persists for up to three week
- although this can be frustrating it's important to understand antibiotics will not help a post viral cough
- often accompanied by a sore throat or the tickly feeling in the throat

Seek further Medical help

A dry cough may also be caused by asthma, hayfever or allergy, heartburn, heart failure or as a side effect of other medications.

Make sure when you are talking to your doctor or pharmacist you mention all your symptoms and all your medications including any vitamins or other natural preparations too.

Treatment

Symptomatic relief of the cough can be achieved with an over the counter cough suppressant, these come as either a liquid, capsule or lozenge.

These products may not be suitable for children under 6 years of age, pregnant or breast feeding women, asthmatics, and people on other medications or with other medical conditions.

- 1 Cough Syrup**– Cough Syrups allow a family to treat a dry cough as there are instructions for doses for different aged children, and adults. Be aware that child doses should be done by weight as per the label but ask our pharmacists if you need further advice.
- 2 Cough Capsule** – Some people prefer the ease of a capsule to treat a dry cough. You must be careful though as many preparations may have pain relief included in the tablet so please double check with our pharmacists.
- 3 Cough Lozenge**– Products like Difflam Lozenges can help treat the symptoms of a dry cough which can include a sore throat. Some Difflam products have a cough suppressant included so please check with you pharmacist so you do not double up on your medicine.



Warning - Always read the label. Use only as directed. Incorrect use can be harmful. Contact your doctor or healthcare professional if pain or symptoms persist. Vitamin supplements may only be of assistance if dietary intake is inadequate. Health information is general in nature and you must seek appropriate medical advice for your personal condition.

MORE INFO?
Contact our Pharmacists
Richard or Sam NOW

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