

**Original Research on Over-the-Counter Cough and Cold Medications
Published Since the October 2007 FDA Advisory Statement**

- 1) Paul, I, et al. "Effect of Honey, Dextromethorphan, and No Treatment on Nocturnal Cough and Sleep Quality for Coughing Children and Their Parents." *Archives of Pediatrics & Adolescent Medicine*. 161:12 (December 2007) 1140-1146.
 - The study compared the effects of dextromethorphan with no treatment on cough frequency, cough severity, bothersome nature of cough, and child and parent sleep quality among the 105 children, aged 2-18 years. They found that dextromethorphan "was not better than no treatment for any outcome."

- 2) Schaefer M, et al. "Adverse Events from Cough and Cold Medications in Children" *Pediatrics*. 121:4 (April 2008) 1-5.
 - A two-year survey of 63 US emergency departments found that an estimated 7091 patients under age 12 were treated annually for adverse drug events from cough and cold medications, "accounting for 5.7% of emergency department visits for all medications in this age group." 64% of these visits were for children aged 2 to 5 years.

- 3) Rimsza ME and Newberry S. "Unexpected Infant Deaths Associated with Use of Cough and Cold Medications." *Pediatrics*. 122:2 (August 2008) e318-e322.
 - According to autopsy reports, ten unexpected infant deaths in Arizona in 2006 were associated with use of over-the-counter cold medication. The authors conclude, "... these findings suggest that warnings on these medications 'to consult a clinician' before use are not being followed by parents."

- 4) Vernacchio L, et al. "Cough and Cold Medication Use by US Children, 1999-2006: Results from the Slone Survey." *Pediatrics*. 122: 2 (August 2008) e323-e329.
 - The authors found that in a given week, 10.1% of US children used cough and cold medication. Exposure was highest among 2- to 5-year-olds, followed by children younger than 2 years of age.

- 5) Pitetti RD, et al. "Accidental and Nonaccidental Poisonings as a Cause of Apparent Life-Threatening Events in Infants." *Pediatrics*. 122:2 (August 2008) e359-e362.
 - The authors examined toxicology reports for infants under two years of age who were brought to a pediatric emergency department showing signs and symptoms of a life-threatening event. 13 of the 274 toxicology screens performed (4.7%) were positive for over-the-counter cold medications.