



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U. S. ARMY MEDICAL DEPARTMENT ACTIVITY
1585 THIRD STREET
FORT POLK, LOUISIANA 71459-5110

December 1, 2009

Chief, Department of Pharmacy

Dear Patient and Provider:

In accordance with Pharmacy and Therapeutics Committee (P&TC) recommendations, the following **pediatric cough and cold medication** formulary is implemented at the BJACH Pharmacy.

Generic versions of **these cough and cold medications** remain on the BJACH formulary:

- Robitussin-DM (guaifenesin + dextromethorphan) oral liquid
- Robitussin-AC (guaifenesin + codeine) oral liquid
- Dimetapp (pseudoephedrine + brompheniramine) oral liquid
- Sudafed (pseudoephedrine 30mg/5ml) oral liquid

Research has shown that these “cough and cold” medications have minimal-to-no benefit in treating the cough and congestion symptoms associated with upper respiratory infections, and reports of injury and some deaths have been associated with accidental overdoses of these medications. The FDA and the American Academy of Pediatrics agree that the use of cough and cold medications should be limited in children under the age of 6 years. The BJACH P&TC recommends that prescribers generally avoid the use of these and similar “cough and cold” medications in young children and educate parents of young children about the potential risks and questionable benefit associated with their use.

Unlike the medications listed above, the medications listed below are *not* considered cough and cold medications. When used according to labeled directions or as prescribed by healthcare professionals, they are generally safe and effective in most pediatric age groups and can provide symptomatic relief of fever, pain, and allergies. All are available by prescription at BJACH:

- Tylenol drops (80mg/0.8ml), liquid (160mg/5ml), and suppositories (120mg/supp)
- Ibuprofen 100mg/5ml oral susp (**not approved in infants less than 6 months old**)
- Saline nasal spray and drops (**safe for use with all kinds of nasal congestion**)
- Antihistamine oral liquids (Zyrtec 5mg/5ml, Claritin 5mg/5ml, Benadryl 12.5mg/5ml)

If you have any questions about this policy, please ask to speak with a pharmacist, call the pharmacy at (337) 531-8090 or 531-3234.

Sincerely,

JOSEPH C. DUPUIS
Lieutenant Colonel, Medical Service Corps
BJACH Chief, Department of Pharmacy