

Speaker Of The Truth: Warning over cough medicines for children

In a world dictated by endless streams of information it can be said that sometimes the truth is not always revealed and instead is spun into a different direction either by governments, corporations, or simply by individuals who benefit from selling false information. This blog will try and reveal the truth to the public and I am privileged to be your speaker, the speaker of the truth.

Taken from Yahoo News, 01/03/09 (via ITN news)

Over-the-counter cough and cold medicines do not work on children under 12 and can even cause side effects, a review has found.

The Medicines and Healthcare products Regulatory Agency (MHRA) found "no robust evidence" that popular remedies such as Lemsip powders, Day Nurse and Sudafed work when given to youngsters.

The MHRA added that the possible side effects - although not dangerous - could include sleep disturbance, allergic reactions and hallucinations.

Many can no longer be sold for use on children under six and pharmacists will be issued with new advice to give to parents about which medicines can be used safely.

Pain relief preparations and remedies used to lower a child's temperature, such as Calpol, are unaffected by the new rules.

For children under six, the MHRA recommends parents stick to simple remedies like keeping their child's temperature down and simple honey and lemon mixtures to ease a cough.

However, the agency identified a list of eight medicines that do work and are safe to use on children under six. They include Beechams Veno's Honey and Lemon, Benylin Tickly Coughs and CalCough TicklyCare Glycerin Lemon & Honey with Glucose.

None should be given to babies under one year old.

Director of Vigilance and Risk Management of Medicines at the MHRA, Dr June Raine, said: "Coughs and colds can be distressing for both you and your child but they will get better by themselves within a few days. Using simple measures to ease symptoms is likely to be most effective.

"Over-the-counter medicines used to treat coughs and colds have been used for many years. However they came into use when clinical trials were not required to demonstrate that they worked in children. This means they were not specially designed for children.

"It is not right to assume safety and efficacy based on children being 'small adults'. Children should have access to medicines that are acceptably safe and designed for their use."

The MHRA said parents should not worry if they have used the medicines in the past and shop shelves will not be cleared of current stocks.

The following is a list of medicines which the MHRA says there is "no robust evidence" on whether they work.

Labels on the remedies in the second group will now be changed to indicate they should not be given to children under six.

The MHRA says it is still safe to give all the medicines listed to children over the age of six, if they feel they will benefit.

* Medicines which can be given to under sixes *

Baby Meltus Cough Linctus

Beechams Veno's Honey and Lemon (not to be given under 12 months)

Benylin Children's Tickly Coughs (not to be given under three months)

Benylin Tickly Coughs (non-drowsy) (not to be given under 12 months)

CalCough Tickly

Care Glycerin Lemon & Honey with Glucose (not to be given under 12 months)

Lemsip Cough Dry

Tixylix Baby Syrup (not to be given under three months)

Pain relief products such as Calpol are not affected by the new advice

* Medicines whose current labelling will be changed under the new guidance *

Beechams Veno's Expectorant

Beechams Veno's Honey & Lemon

Benilyn Childrens Chesty Coughs

Benilyn Childrens Coughs and Colds

Benilyn Childrens Night Coughs

Benylin Children's Dry Cough

Calcold

Calcough Chesty

Calpol Night

Care Glycerin lemon & honey with Ipecac

Cofsed Linctus

Family Meltus Chesty Coughs Honey and Lemon Flavour

Galenphol Linctus

Galenphol Paediatric Linctus

Galpseud linctus

GalsudJunior

Meltus Chesty Coughs with Catarrh

Junior Meltus Dry Coughs with Congestion

Junior Meltus Dry Coughs with Congestion

Lemsip Cough and Cold Chesty Cough Medicine

Lemsip Cough Chesty

Medised for Children

Multi-Action Actifed

Multi-Action Actifed Chesty Coughs

Muti-Action Actifed Dry Coughs

Non- Drowsy Sudafed Childrens

Non Drowsy Sudafed Expectorant

Non Drowsy Sudafed Linctus

Otrivine Childrens Nasal Drops

Robitussin Chesty Cough Medicine

Robitussin Chesty Cough with Congestion

Tixylix Cough and Cold

Tixylix Chesty Cough

Tixylix Night Cough

Vicks Cough Syrup for Chesty Coughs

Vicks Cough Syrup for Dry Coughs

* Medicines not currently labelled with doses for under sixes and therefore should not be given *

Afrazine Nasal

Allens Pine and Honey Balsam

Beechams Decongestant Plus with Paracetamol

Beechams Flu Plus

Beechams Powders

Benilyn Chesty Coughs (Non-Drowsy)

Benilyn Chesty Coughs (Original)

Benilyn Dry Coughs (Non-Drowsy)

Benilyn Dry Coughs (Original)

Benylin 4 Flu

Benylin 4 Flu
Benylin Cold & Flu Max strength
Benylin Cough and Congestion
Benylin Dual Action Night Cough & Congestion Care
Pholcodine linctus
Covonia Original Bronchial Balsam
Day Nurse
Fenox Nasal
Lemsip Max Cold & Flu
Lemsip Max Day & Night Cold & Flu relief
Lemsip Max Daytime Cold & Flu relief
Lemsip Max Sinus Capsules Non-Drowsy
Sinutab Non-Drowsy
Sudafed Congestion & Headache Capsules Non-Drowsy
Sudafed Congestion Cold and Flu Non-Drowsy
Sudafed Dual Relief
Otrivine Antistin Eye Drops
Otrivine Mucron
Robitussin Dry Cough Medicine
Tixylix Dry Cough
Vicks Cold & Flu Care Daymed Capsules
Vicks Cold & Flu care Medinite Complete Syrup
Vicks Sinex Decongestant Nasal
Vicks Sinex Micromist
Vicks Sinex Soother

About the Author

Common Conditions - C : e pharmacy online
Reach Online Pharmacy, stop smoking , lose weight - Benylin 4 Flu
Benylin 4 Flu Liquid - 200ml
Annex 1
Benylin - Relieves 4 Symptoms Of Flu - (200ml)
Benylin 4 Flu (Acetaminophen; Dextromethorphan Hydrobromide
Benylin For Relief From Coughs, Sore Throats And Cold - Direct
Benylin 4 Flu (liquid and tablets) - Report on Benylin 4 Flu
Benylin 4 Flu Tablets , Health Check Pharmacy
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Source: <http://productsherbal.com>