

BROMHEXINE

Indications:

It helps you cough up the phlegm. Since phlegm occurs only if you have productive cough, this medication should be used only to treat productive cough and should not be used to treat dry cough.

Pharmacological Category:

Mucolytic agent

Pregnancy:

There is no data on the use of bromhexine in pregnant women. The effects, if any, on the developing fetus are unknown. Until more information is available, bromhexine should only be used during pregnancy if the maternal condition justifies the potential risk to the fetus.

Lactation:

Available evidence and/or expert consensus is inconclusive or is inadequate for determining infant risk when used during breastfeeding. Weigh the potential benefits of drug treatment against potential risks before prescribing this drug during breastfeeding.

Side effects:

Common adverse effects are as follows:
Occasional, mild side effects include: a feeling of fullness in the stomach (bloating), diarrhea, dizziness, headache, indigestion, nausea, sweating and skin rashes.

Contraindications:

known history of allergy to bromhexine or the other components

Interactions:

Bromhexine may increase the concentration of concurrently administered antibiotics in bronchial secretions. No clinically relevant interactions with other medications have been reported.

Dose:

Patients above the age of 14	10ml-20ml, three times a day (every 8 hours)
Children aged 6 -14 years	10 ml three times a day (every 8 hours)
Children aged 2 - 6 years	5 ml three times a day (every 8 hours)

Administration:

- Bromhexine may be taken with or without food.
- If you forget a dose, take it as soon as you remember it. But if it is nearly time for the next dose, skip the missed dose and continue with next dose at the usual time. Do not take a double dose at any one time.

Dosage Form:

Elixir

Each 5 ml contains 4 mg bromhexine (as hydrochloride).

Packaging: 60 ml bottle

References:

- 1) Lexicomp, Drug Reference Handbooks, American Pharmacists Association, 20th edition, page 235
- 2) PharmacyBook.net, <https://pharmacybook.net/bromhexine/>
- 3) Pharmaceutical Society of Singapore, Updated 29 June 2011, reviewed by the Health Sciences Authority, http://www.hsa.gov.sg/content/dam/HSA/HPRG/Western_Medicine/Overview_Framework_Policies/Reclassified_Medicines/Updates/Patient_Information_Leaflets/PIL_Bromhexine_29-6-2011.pdf
- 4) PACKAGE INSERT TEMPLATE FOR BROMHEXINE TABLET & SYRUP/ELIXIR, http://npra.moh.gov.my/images/reg-and-noti/PI/non-poison/BROMHEXINE_TABLET_SYRUP_ELIXIR.pdf