

Over-the-counter (OTC) medicines to be avoided or used with caution in asthmatics

Below is a list of some OTC medicines that should be avoided or used with caution in people with asthma:

- Aspirin and other NSAIDs (such as ibuprofen) can precipitate an asthmatic attack in a small number of people with asthma. The attack may be severe and sometimes life-threatening. Patients with nasal polyps are at greater risk.
- Cough suppressants such as codeine, pholcodine and dextromethorphan.
- Head lice preparations containing alcohol may trigger an asthmatic attack.
- Patients prescribed theophylline or aminophylline should avoid taking OTC products containing theophylline such as Do-Do Chesteze which may cause theophylline toxicity (theophylline has a narrow therapeutic range).