Bronchodilators

Bronchodilators are a type of medication that make breathing easier by relaxing the muscles in the lungs and widening the airways (bronchi)
They're often used to treat long-term conditions where the airways may become narrow and inflamed, such as:
asthma, a common lung condition caused by inflammation of the airways
chronic obstructive pulmonary disease (COPD), a group of lung conditions, usually caused by smoking, that make breathing difficult
Bronchodilators may be either:
short-acting – used as short-term relief from sudden, unexpected attacks of breathlessness
long-acting – used regularly to help control breathlessness in asthma and COPD, and increase the effectiveness of corticosteroids in asthma

Side effects

trembling, particularly in the hands / headaches / a dry mouth / suddenly noticeable heartbeats (palpitations) / muscle cramps /a cough / nausea and vomiting / diarrhea

Anti tussives

Antitussives are cough suppressants. They relieve your cough by blocking the cough reflex. Expectorants thin mucus. This may help your cough clear the mucus from your airway. Drinking extra fluids also helps keep mucus thin.

Side Effects/ Nausea or vomiting / rash, itching/swelling (especially of the face, tongue, throat), severe dizziness, trouble breathing.

Nasal decongestants

Decongestants are a type of medicine that can provide short-term relief for a blocked or stuffy nose (nasal congestion)

They can help ease the symptoms of conditions such as colds and flu, hay fever and other allergic reactions, catarrh and sinusitis.They work by reducing the swelling of the blood vessels in your nose, which helps to open the airways.

Types of decongestants

1. nasal sprays
2. drops
3. tablets or capsules
4. liquids or syrups
5. flavoured powders to dissolve in hot water

Who can take decongestants

1. people taking other medicines
2. people with diabetes
3. people with high blood pressure
4. people with an overactive thyroid gland (hyperthyroidism)
5. men with an enlarged prostate
6. people with liver, kidney, heart or circulation problems
7. people with increased pressure in the eye glaucoma

Side effects of decongestants

1. feeling sleepy (look for non-drowsy medicines(
2. irritation of the lining of your nose
3. headaches
4. feeling or being sick
5. a dry mouth
6. feeling restless or agitated
7. a rash