



Updated March 2012

Cough

How Whelehans Special Cough Mixture helps

A cough is a reflex action to clear the throat of any foreign bodies or particles, such as dust. But when you get a cold, the infected mucus from your nose drips down back of your throat in a process called post-nasal drip which causes an irritating cough.

Types of cough mixtures

There are two types of cough, a **dry** or a **chesty** cough. Chesty coughs occur when mucus (also called phlegm or catarrh) builds up in the airways and the cough occurs so you can clear the mucus. Dry cough mixtures contain ingredients such as pholcodeine, codeine and dextromethorphan. Dry cough mixtures come in drowsy or non drowsy versions. Chesty cough mixtures contain expectorants like carbocisteine or guaifenesin which liquefy mucus on the airways and helps you clear it. There are cough mixtures which contain decongestants which are effective if you have a congested head as well as a cough. There are sugar free versions for diabetics.

Self Help

- Stop smoking
- Steam inhalations
- Increase fluid intake

Can *Whelehans Special Cough Mixture* help you?

Whelehans Special mixture has a 100 years of tradition and is non drowsy. Whelehans Special Cough Mixture is especially formulated to treat chesty coughs, colds and bronchitis. It contains an expectorant called ipecacuana which liquefies and loosens phlegm or mucus on the chest hence helping you cough it up and clearing the airways.

When you should go to Doctor?

- Phlegm with green, yellow or rusty colour
- Coughing up blood
- Cough lasting longer than two weeks
- Shortness of breath
- Chest pain on breathing or coughing
- Unexpected loss of weight
- Regular night time cough
- Harsh barking cough in children (croup)
- Whooping sound when breathing in after fit of coughing

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COUGH?

Try Whelehans
Special Cough
Mixture

Whelehans Special Cough Mixture bottle