

No good evidence for effectiveness of over-the-counter medications for acute cough

Clinical question	How effective are over-the-counter (OTC) medications for acute cough in children and adults in ambulatory settings?
Bottom line	There is no good evidence for or against the effectiveness of OTC medications in acute cough.
Caveat	The results of this review have to be interpreted with caution due to differences in study characteristics and quality, making evaluation of overall efficacy difficult. Studies often showed conflicting results with uncertainty regarding clinical relevance.
Context	Acute cough is a common and troublesome symptom in people who suffer from acute upper respiratory tract infection. Many people self-medicate with OTC cough preparations, and some health practitioners often recommend their use for initial treatment of cough.
Cochrane Systematic Review	Smith SM et al. Over-the-counter medications for acute cough in children and adults in ambulatory settings . Cochrane Review 2007, Issue 4. Art No : CD001831. DOI : 10.1002/14651858. CD001831.pub 3. The review contains 25 trials involving 3,492 participants.
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