MANAGING COUGH

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Such a simple word but NOT a simple body process!
Is my cough from my fibrosis?

- Blame the fibrosis last! Have other causes of your cough managed before accepting that it is related to your fibrosis/interstitial lung disease.
Ok I guess my cough is from my fibrosis but why do I have a cough and Bob doesn’t? We both have the same disease.
...does it mean I am sicker than Bob?

The short answer is—it depends.
What can I do about this cough?

- Physical therapy
  - Airway management techniques
  - Speech therapy for cough avoidance

- Medications
  - Over the counters
  - Prescriptions
  - Homeopathic
Over the counters

- Lozenges
  - Cough lozenges
    - Can be menthol, sugar/honey based or have a mild anesthetic
- Cough syrups
  - Dextromethorphan
  - Guaifenesin
  - Avoid the cough syrups marked with a “-D” (i.e. Mucinex-D or Robitussin-D) but –DM is ok!
Prescription medications

- Tessalon Perles
- Neurontin
- Guaifenesin with codeine
- Guaifenesin with hydrocodone
- Morphine
- ? Antifibrotics (pirfenidone or nintedanib)
- ?Lyrica
- ?Thalidomide
- ?Gefapixant (phase 3 study)
Alternative remedies

- Acupuncture
- Honey
- Ice chips
- Sugar free candies
- Supplements-talk to your doctor!:
  - Quercetin
  - Bromelain
  - Thyme
  - Marshmallow
REMEMBER: IF IT WORKS FOR YOU-IT WORKS!