

3. Examples:

Xanthine's: Theophylline, Aminophylline

Beta 2 adrenergic Agonist: Albuterol, Salmeterol

Anticholinergic: Atrovent

4. Nursing Implications:

- a. Beverages that contain Xanthine should be avoided like coffee and chocolate
- b. Routinely check serum levels every 6 to 12 months
- c. Observe patient for symptoms of toxicity
- d. No eating of charcoal-broiled foods daily
- e. Cigarette smoking cessation
- f. Must take the drug with meals or after meals
- g. Increase fluid intake to 2L/day to liquefy secretions.

DECONGESTANTS

1. Therapeutic Effect - Constricting the arterioles thus reducing fluid secretion

2. Side Effect and Adverse Effect:

> Restlessness, Hypertension, Hyperglycemia, insomnia

3. Examples:

> Norepinephrine, Ephedrine, Hydrochloride

4. **Nursing Implications:**

- a. Reduce or limit the use of nasal spray because it can cause rebound nasal congestion.
- b. Existing medical disorder should be assessed before taking the drug
- c. DO NOT take caffeinated drinks in large amount

EXPECTORANT AND MUCOLYTICS

1. Therapeutic Effect – Reduces viscosity of tenacious mucus

2. Side Effect and Adverse Effect:

> Mild headache, Urticaria, Common GI upset like nausea and vomiting, Upper pharyngeal irritation, Skin rashes.

3. Examples:

Expectorants: Guaifenesin (Robitussin)