

# Tomephen®

Dextromethorphan syrup



## Presentation

Tomephen® Syrup: Each 5 ml of syrup contains Dextromethorphan Hydrobromide BP 10 mg.

## Description

Dextromethorphan is the d-isomer of the codeine analog of levorphanol, but does not have any opiate-like effects. It is a non-narcotic antitussive. Its cough suppressant action is due to a central action on the cough center in the medulla. Dextromethorphan does not induce tolerance, and has no potential for addiction like opiates.

## Indications and Uses

Dextromethorphan is used to relieve dry cough caused by a cold, flu or other conditions.

## Dosage and Administration

Tomephen is an orally administered syrup.

*Adults (>12 years of age):* 10-20 mg (1-2 teaspoonful) every 4 hours, or 30 mg (3 teaspoonful) every 6-8 hours. Do not exceed 120 mg (12 teaspoonful) in 24 hours.

### *Children*

6 to 12 years of age: 5-10 mg ( $1\frac{1}{2}$ -1 teaspoonful) every 4 hours, or 15 mg ( $1\frac{1}{4}$  teaspoonful) every 6-8 hours. Do not exceed 60 mg (6 teaspoonful) in 24 hours.

2 to 6 years of age: 2.5-5 mg ( $\frac{1}{4}$ - $\frac{1}{2}$  teaspoonful) every 4 hours, or 7.5 mg ( $\frac{3}{4}$  teaspoonful) every 6-8 hours. Do not exceed 30 mg (3 teaspoonful) in 24 hours.

<2 years of age: Use only as directed by the physician.

## Contraindications

Hypersensitivity to Dextromethorphan or any other component.

## Precautions

Do not use Dextromethorphan to control a cough that is associated with smoking, asthma, or emphysema, or a cough that is productive (produces sputum or phlegm).

## Side-Effects

Adverse effects with Dextromethorphan appear to be rare and may include dizziness and gastrointestinal disturbances.

## Use in Pregnancy and Lactation

*Pregnancy:* Adequate and well-controlled studies in human have not been done. However, Dextromethorphan has not been reported to cause birth defects.

*Lactation:* It is not known whether dextromethorphan passes into breast milk. However, Dextromethorphan has not been reported to cause problems in nursing babies.

## Drug Interactions

The following medicines should be taken carefully while concomitantly use with Dextromethorphan: Amiodarone, Fluoxetine, Quinidine, CNS depressants and Monoamine oxidase (MAO) inhibitors.

## Overdosage

Seek emergency medical attention. Symptoms of a Dextromethorphan overdose include slurred speech, restlessness, a feeling of poor coordination, difficulty in breathing and seizures.

## Storage

Do not store above 30° C. Keep away from light and out of the reach of children.

## Commercial Pack

Tomephen® Syrup: Each box contains a bottle of 100 ml syrup and a measuring cup.