

nyquⁱl

acetaminophen *pain reliever/fever reducer*

dextromethorphan *cough suppressant*

doxylamine succinate *antihistamine*

NYQUIL

DISCLAIMER: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

THIS OVER-THE-COUNTER MEDICATION IS INTENDED TO TEMPORARILY RELIEVE COMMON COLD/FLU SYMPTOMS.

Nyquil can cause:

- + Severe liver damage
- + Severe skin reactions including skin reddening, blisters, and rash

Active ingredients include:

- + Acetaminophen 650 mg
- + Dextromethorphan HBr 30 mg
- + Doxylamine succinate 12.5 mg

Inactive ingredients include: alcohol, citric acid, D&C Yellow No. 10, FD&C Blue No.1, flavor, glycerin, propylene glycol, purified water, saccharin sodium, sodium benzoate, sodium citrate, sorbitol, and sucralose.

Swipe to read known adverse reactions for each active ingredient.

There are many Nyquil products on the market. These measurements are for Nyquil liquid.



SOURCES FROM NIH + LABORATORIOS SANFER

ACETAMINOPHEN

Acetaminophen can cause:

- + Red, peeling or blistering skin
- + Rash
- + Difficulty breathing or swallowing

- + Hives
- + Itching
- + Hoarseness

- + Swelling of the face, throat, tongue, lips, eyes, hands, feet, ankles, or lower legs



<https://medlineplus.gov/druginfo/meds/a681004.html>

Acetaminophen is used to relieve mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, toothaches, backaches, reactions to vaccinations (shots), and to reduce fever. Acetaminophen may also be used to relieve the pain of osteoarthritis (arthritis caused by the breakdown of the lining of the joints). Acetaminophen is in a class of medications called analgesics (pain relievers) and antipyretics (fever reducers). It works by changing the way the body senses pain and by cooling the body.

IMPORTANT WARNING:

Taking too much acetaminophen can cause liver damage, sometimes serious enough to require liver transplantation or cause death. You might accidentally take too much acetaminophen if you do not follow the directions on the prescription or package label carefully, or if you take more than one product that contains acetaminophen.

<https://www.ncbi.nlm.nih.gov/books/NBK582555/>

There have been studies that noted a possible link between the use of acetaminophen in pregnancy and mild developmental delay (including language delay) and hyperactivity.

Taking too much acetaminophen can cause liver damage, kidney damage, and anemia (low iron in the blood) in a person who is pregnant. It has also been reported to cause the same problems in the baby.

ACETAMINOPHEN OVERDOSE



<https://medlineplus.gov/druginfo/meds/a681004.html>

If someone takes more than the recommended dose of acetaminophen, get medical help immediately, even if the person does not have any symptoms. Symptoms of overdose may include the following:

- nausea
- vomiting
- loss of appetite
- sweating
- extreme tiredness
- unusual bleeding or bruising
- pain in the upper right part of the stomach
- yellowing of the skin or eyes
- flu-like symptoms

In case of overdose, call the poison control helpline at 1-800-222-1222. Information is also available online at <https://www.poisonhelp.org/help>. If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

<https://www.ncbi.nlm.nih.gov/books/NBK582555/>

Miscarriage can occur in any pregnancy. Based on the studies reviewed, taking acetaminophen at the recommended doses is not expected to increase the chance for miscarriage.

Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Based on the studies reviewed, when used at recommended dosages, acetaminophen has not been shown to increase the chance for birth defects.

DEXTROMETHORPHAN

Dextromethorphan can cause:

- + Dizziness
- + Lightheadedness
- + Drowsiness
- + Restlessness
- + Nausea
- + Vomiting
- + Stomach pain
- + Nervousness
- + Restlessness
- + Rash



<https://medlineplus.gov/druginfo/meds/a682492.html>

Dextromethorphan is used to temporarily relieve cough caused by the common cold, the flu, or other conditions. Dextromethorphan will relieve a cough but will not treat the cause of the cough or speed recovery. Dextromethorphan is in a class of medications called antitussives. It works by decreasing activity in the part of the brain that causes coughing.

Nonprescription cough and cold combination products, including products that contain dextromethorphan, can cause serious side effects or death in young children. Do not give these products to children younger than 4 years of age. If you give these products to children 4–11 years of age, use caution and follow the package directions carefully.

Stop taking dextromethorphan and call your doctor if your cough does not get better within 7 days, if your cough goes away and comes back, or if your cough occurs with a fever, rash, or headache.

<https://www.ncbi.nlm.nih.gov/books/NBK582669/>

Because many cough syrups with dextromethorphan contain alcohol, it is important to review the label before taking. Alcohol-free cough syrups are preferred while breastfeeding.

Infants that are born preterm or are younger than one month of age have a stomach and intestines that are less mature than older babies. This might allow more medication to enter their blood stream. Be sure to talk to your healthcare provider about all of your breastfeeding questions.

DEXTROMETHORPHAN OVERDOSE



<https://medlineplus.gov/druginfo/meds/a682492.html>

Taking dextromethorphan in large amounts can cause serious side effects or death.

Check nonprescription cough and cold product labels carefully before using 2 or more products at the same time. These products may contain the same active ingredient(s) and taking them together could cause you to receive an overdose. This is especially important if you will be giving cough and cold medications to a child.

Symptoms of overdose may include:

- nausea
- vomiting
- drowsiness
- dizziness
- unsteadiness
- changes in vision
- difficulty breathing
- fast heartbeat
- hallucinating (seeing things or hearing voices that do not exist)
- seizures
- coma (loss of consciousness for a period of time)

In case of overdose, call the poison control helpline at 1-800-222-1222. Information is also available online at <https://www.poisonhelp.org/help>. If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

Dextromethorphan may cause other side effects. Call your doctor if you experience any unusual problems while you are taking this medication.

DOXYLAMINE SUCCINATE

Doxylamine can cause:

+ Dry mouth, nose, and throat

+ Drowsiness

+ Nausea

+ Increased chest
congestion

+ Headache

+ Excitement

+ Vision problems

+ Difficulty urinating

+ Nervousness



<https://medlineplus.gov/druginfo/meds/a682537.html>

Doxylamine is used in the short-term treatment of insomnia (difficulty falling asleep or staying asleep). Doxylamine is also used in combination with decongestants and other medications to relieve sneezing, runny nose, and nasal congestion caused by the common cold. Doxylamine should not be used to cause sleepiness in children. Doxylamine is in a class of medications called antihistamines. It works by blocking the action of histamine, a substance in the body that causes allergic symptoms.

<https://www.ncbi.nlm.nih.gov/books/NBK582681/>

Small occasional doses of doxylamine would not be expected to cause any adverse effects in breastfed infants. Larger doses or more prolonged use may cause drowsiness and other effects in the infant or decrease the milk supply, particularly in combination with a sympathomimetic such as pseudoephedrine or before lactation is well established.

<https://www.ncbi.nlm.nih.gov/books/NBK582681/>

Antihistamines that can make people drowsy, such as doxylamine succinate, could cause drowsiness or irritability in a breastfeeding infant. Be cautious if you are breastfeeding a premature or newborn baby, or a baby who has breathing problems, or if your breastmilk supply has not been well established. If you suspect the baby has any symptoms such as drowsiness or poor feeding, contact the child's healthcare provider.

PHENYLEPHRINE

Depending on which Nyquil product you're researching, phenylephrine may also be included. Check the label for the ingredient list.


 <https://medlineplus.gov/druginfo/meds/a606008.html>

Phenylephrine is used to relieve nasal discomfort caused by colds, allergies, and hay fever. It is also used to relieve sinus congestion and pressure. Phenylephrine will relieve symptoms but will not treat the cause of the symptoms or speed recovery. Phenylephrine is in a class of medications called nasal decongestants. It works by reducing swelling of the blood vessels in the nasal passages.

Phenylephrine may cause side effects. Some side effects can be serious. If you experience any of these symptoms, stop using phenylephrine and call your doctor:

- nervousness
- dizziness
- sleeplessness

Phenylephrine may cause other side effects. Call your doctor if you have any unusual problems while taking this medication.

 <https://ncbi.nlm.nih.gov/books/NBK501438/>

The oral bioavailability of phenylephrine is only about 40%,[1] so the drug is unlikely to reach the infant in large amounts. However, intravenous or oral administration of phenylephrine might decrease milk production. Because no information is available on the use of oral phenylephrine during breastfeeding, an alternate drug may be preferred, especially while nursing a newborn or preterm infant.