

Sugar in Liquid Medications

The following information comes from a publication entitled "The Sugar Content of Liquid Pharmaceuticals in Australia" (7th Edition). Compiled by Richard Plumridge.

Sugar in Medicine... A Problem?

People using liquid medications with a high sugar content are at risk for dental decay, especially when the medication is taken on a long term basis.

Ask your doctor or pharmacist for sugar-free medicines, but if these are not available, we recommend the following:

- * If possible, administer sugar containing medicines at mealtimes;
- * Encourage children to brush with a fluoride toothpaste after medication;
- * If brushing is not possible, rinse with or drink water after medication;
- * Have regular dental check-ups with preventive treatments if necessary. Tell you dentist about your medication.

Always ask your pharmacist for a sugar-free formulation. If one is not available, then at least the pharmacist will know that people are interested in sugar-free medications.

| Antibiotic Products | Sugar content |
|--------------------------------|---------------|
| Amoxil Pediatric Drops | 45.2% |
| Ampicillin | 18-80% |
| Augmentin Syrup | Nil |
| Bactrim-Septra | 50-56% |
| Ceclor | 60% |
| Duracef-Ultracef | 42% |
| Erythromycin | 34-70% |
| Erythrocin | Nil-68.7% |
| Flagyl | 60.0% |
| Keflex | 60.0% |
| Pediamycin | 34-70% |
| Penicillin | 40-66% |
| Zithromax Suspension | 75% |
| Anticonvulsant Products | |
| Dilantin Suspension | 20.9% |
| Phenobarbital | 13.0% |
| Tegretol Syrup | Nil |
| Antihistamine Products | |
| Benadryl Elixir | 30.0% |
| Benalyn | 84.0% |
| Claritin Syrup | 60% |
| Phenergan Elixir SF | Nil |
| Theolair | 50.0% |
| Zyrtec Syrup | 60% |
| Cough Medicines | |
| Actifed Elixir | 70.0% |
| Benadryl Child | 58.1% |
| Benadryl Cough | 60.3% |
| Dimetapp Elixir | Nil |
| Panadol Children's Elixir | Nil |
| Robitussin DM Elixir | Nil |
| Sudafed Elixir | 70.0% |
| Vicks Cough Syrup | 36.2% |



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