

Important Changes to Nasal Decongestion Products



Oral phenylephrine is a common ingredient used in OTC drugs for nasal congestion from a common cold or allergies. FDA is proposing to remove oral phenylephrine from OTC drugs because recent data shows it's not effective to relieve nasal congestion.



Choosing the right drug for you

1

Know what ingredients are in your drug.

Check the Drug Facts label for active ingredients, including phenylephrine.

Drug Facts	
Active Ingredients (in each 10 ml)	Purposes
Dextromethorphan HBr, USP 10 mg.....	Cough suppressant
Guafenesin, USP 100 mg.....	Expectorant
Phenylephrine HCl 5 mg.....	Nasal decongestant



2

There are alternatives to phenylephrine.

Drug alternatives include:

- oral pseudoephedrine
- nasal sprays with nasal decongestants,
- nasal sprays with corticosteroids, and
- nasal sprays with antihistamines.

Other alternatives include:

- cool mist humidifiers,
- saline nose drops, rinses or sprays, and
- nasal suctioning with a bulb syringe (for children).

IMPORTANT: Always read the whole Drug Facts label to see if the drug is right for you especially if you are pregnant or giving the drug to a child.

3

If you have questions

Ask your doctor or pharmacist for advice about what to use for your symptoms.

IMPORTANT: Seek medical help if symptoms persist over 7 days or you have a fever



4

Check with FDA

Check the [FDA's website](#) for more information or to report side effects.