

## **Pseudoephedrine 30mg Oral Tablet**

### **Visually Impaired**

If you are visually impaired and need help reading your label we can help. At your request, a prescription reader is available to patients in need. If you need help, please contact the pharmacy at 727-498-1228 and speak to a technician or pharmacist who will be able to advise you on your options and the cost. Additional charges do apply.

### **What is this medication?**

Generic Name: Pseudoephedrine.

Brand Names: Sudafed®, Nexafed®, Zephrex-D® (and others).

Pseudoephedrine is an oral decongestant used to relieve: Nasal or sinus congestion due to the common cold, allergies, or sinusitis. Congestion associated with ear infections or pressure. It works by narrowing blood vessels in the nasal passages, reducing swelling and congestion.

### **What are the ingredients?**

Active Ingredient: Pseudoephedrine hydrochloride (commonly 30 mg, 60 mg, or 120 mg per tablet depending on formulation).

If you have any further questions or concerns about the ingredients used in your customized, compounded formulation, please contact one of our pharmacists at 727-498-1228.

### **What should I tell my healthcare provider before I take this medication?**

Before using pseudoephedrine, inform your provider if you: Have high blood pressure or heart disease. Have glaucoma. Have overactive thyroid (hyperthyroidism). Have diabetes. Have urinary retention or prostate problems. Are taking monoamine oxidase inhibitors (MAOIs) or taking them in the last 14 days. Are pregnant or breastfeeding.

### **How should I use this medication?**

Take exactly as directed on the label or by your provider.

Swallow tablets whole with water.

Can be taken with or without food.

### **What if I miss a dose?**

It is taken as needed for priapism as directed.

### **What may interact with this medication?**

Always inform your provider or pharmacist if you are taking: MAO inhibitors (e.g., phenelzine, selegiline). Stimulants (e.g., amphetamines, ADHD medications). Caffeine or energy supplements. Blood pressure medications. Antidepressants or cold medications that also contain decongestants. Combining with similar medications may increase side effects like high blood pressure, palpitations, or anxiety.

Always check with your provider before starting or stopping any medication, including non-prescription products.

### **What side effect:**

**Common side effects:** Nervousness or restlessness. Trouble sleeping (insomnia). Headache. Nausea. Increased heart rate

**Serious side effects (seek medical help):** Chest pain. Fast or irregular heartbeat. Shortness of breath. Severe dizziness or anxiety.

This list may not describe all possible side effects. Call your doctor for medical advice about side effects and any unusual problems while taking this medication. If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program, online ([www.fda.gov/Safety/MedWatch](http://www.fda.gov/Safety/MedWatch)) or by phone (1-800-332-1088)

### **What should I watch while using this medication?**

Monitor for increased blood pressure or heart rate if you have cardiovascular conditions.

Do not take more than recommended—high doses can be dangerous.

Avoid other decongestants, stimulants, or caffeine unless approved by your provider.

### **Where should I keep my medication?**

Store at room temperature, away from moisture, heat, and direct light. Keep in a secure location away from children, pets, and unauthorized individuals.

**Disposal:** Do not flush or pour unused medication down the drain. The best option is to use a DEA-authorized drug take-back location, which you can find at [rxdrugdropbox.org](http://rxdrugdropbox.org). If that's not available, mix the medication (still in its vial or drawn into a syringe) with an undesirable substance like used coffee grounds or cat litter, seal it in a plastic bag, and discard it in the household trash—after removing any personal information from the label. Used syringes must be placed in an FDA-cleared sharps container and taken to an appropriate sharps disposal site. If you're unsure, contact your pharmacist at 727-498-1228 for guidance.

## **OFFER TO COUNSEL NOTICE**

You are receiving this notice because you or your physician recently requested a compounded prescription to be filled by our pharmacy. You are entitled to receive medication counseling from one of our pharmacists regarding the following: Name and description of medication. Dose, route of administration, and duration of medication. Intended use of medication and expected action. Special directions and precautions for use. Common adverse effects or interactions. Techniques for self-monitoring. Proper storage. Prescription refill information.

You may contact a pharmacist at (727) 498-1228 Monday through Friday, 9AM to 5PM EST and Saturday 9AM-1PM EST.

PharmaLabs' notice of Privacy Practices may be viewed on the company website. You may view and acknowledge receipt of these offers or refuse your right to be counseled online at: <http://www.plabrx.com/offer>

Our pharmacists will be happy to discuss any additional questions or concerns you may have.

**NOTE:** This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.