

**FDA: COMMON OTC NASAL DECONGESTANT INEFFECTIVE**  
**Carol Nwelue, MD, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

HAVE YOU EVER TAKEN AN OVER-THE-COUNTER DECONGESTANT... AND FELT LIKE IT DIDN'T HELP?

ACCORDING TO THE F-D-A ... YOUR INSTINCTS MAY BE RIGHT.

{\*\*TAKE VO\*\*}

THE F-D-A SAYS A COMMON DECONGESTANT, CALLED PHENYLEPHRINE, IS NOT EFFECTIVE WHEN TAKEN IN PILL OR LIQUID FORM TO TREAT NASAL CONGESTION.

INTERNAL MEDICINE DOCTOR CAROL NWELUE (UH-WAY-LUH-WAY) SAYS THE F-D-A FOUND THE MEDICATION IS SAFE ... BUT NOT ENOUGH OF THE DRUG CIRCULATES THROUGHOUT YOUR SYSTEM TO BE EFFECTIVE.

HOWEVER ... SHE SAYS THERE ARE OTHER USEFUL OVER-THE-COUNTER TREATMENTS.

{\*\*TAKE SOT\*\*}

Carol Nwelue, MD

Baylor Scott & White Health

TRT: 20

“So, there are other over-the-counter medications that can help with nasal congestion, like a nasal saline spray, saline washes—your doctor may prescribe even nasal steroids or oral decongestants. Phenylephrine does work in the nasal spray version, not the pill though.”

{\*\*ON CAM\*\*}

THERE ARE OTHER ORAL DECONGESTANTS AVAILABLE WITHOUT A PRESCRIPTION ... BUT YOU'LL NEED TO SHOW IDENTIFICATION AND PURCHASE THEM FROM A PHARMACIST.

THOSE CHANGES HAPPENED IN 2006 TO PREVENT PEOPLE USING THE MEDICATIONS TO MAKE METHAMPHETAMINE.