

● SIDE-EFFECTS

- ▶ **Common or very common** Anxiety · headache · insomnia · nausea
- ▶ **Frequency not known** Appetite decreased · arrhythmia · circulation impaired · dermatitis · dizziness · drug dependence · dry mouth · dyspnoea · hallucination · hyperglycaemia · hyperhidrosis · hypersalivation · hypertension · hypokalaemia · hypotension · irritability · muscle weakness · mydriasis · pain · palpitations · paranoia · piloerection · rebound congestion · syncope · thirst · tremor · urinary disorders · vasoconstriction · vasodilation · vomiting
- **PREGNANCY** Manufacturer advises avoid.
- **BREAST FEEDING** Present in milk; manufacturer advises avoid—irritability and disturbed sleep reported.
- **PRESCRIBING AND DISPENSING INFORMATION** For nasal drops, the BP directs that if no strength is specified 0.5% drops should be supplied.

● PROFESSION SPECIFIC INFORMATION

Dental practitioners' formulary

Ephedrine nasal drops may be prescribed.

- **EXCEPTIONS TO LEGAL CATEGORY** Ephedrine nasal drops can be sold to the public provided no more than 180 mg of ephedrine base (or salts) are supplied at one time, and pseudoephedrine salts are not supplied at the same time; for conditions that apply to supplies made at the request of a patient, see *Medicines, Ethics and Practice*, London, Pharmaceutical Press (always consult latest edition).

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug. Forms available from special-order manufacturers include: nasal drops

Nasal drops

▶ Ephedrine hydrochloride (Non-proprietary)

Ephedrine hydrochloride 5 mg per 1 ml Ephedrine 0.5% nasal drops | 10 ml [P] £1.90 DT = £1.90

Ephedrine hydrochloride 10 mg per 1 ml Ephedrine 1% nasal drops | 10 ml [P] £1.94 DT = £1.94

Pseudoephedrine hydrochloride

06-Apr-2020

● INDICATIONS AND DOSE

Congestion of mucous membranes of upper respiratory tract

▶ BY MOUTH

- ▶ Child 6–11 years: 30 mg 3–4 times a day
- ▶ Child 12–17 years: 60 mg 3–4 times a day
- ▶ Adult: 60 mg 3–4 times a day

IMPORTANT SAFETY INFORMATION

MHRA/CHM ADVICE: OVER-THE-COUNTER COUGH AND COLD MEDICINES FOR CHILDREN (APRIL 2009)

Children under 6 years should not be given over-the-counter cough and cold medicines containing pseudoephedrine.

- **CAUTIONS** Diabetes · heart disease · hypertension · hyperthyroidism · ischaemic heart disease (in adults) · prostatic hypertrophy (in adults) · raised intra-ocular pressure (in children) · susceptibility to angle-closure glaucoma (in adults)
- **INTERACTIONS** → Appendix 1: sympathomimetics, vasoconstrictor
- **SIDE-EFFECTS** Angle closure glaucoma · anxiety · arrhythmias · circulation impaired · dry mouth · hallucination · headache · hypertension · irritability · nausea · palpitations · psychotic disorder · skin reactions · sleep disorders · tremor · urinary retention · vomiting

- **PREGNANCY** Defective closure of the abdominal wall (gastroschisis) reported very rarely in newborns after first trimester exposure.
- **BREAST FEEDING** May suppress lactation; avoid if lactation not well established or if milk production insufficient.
- **HEPATIC IMPAIRMENT** Manufacturer advises caution in severe impairment.
- **RENAL IMPAIRMENT** Use with caution in mild to moderate renal impairment. Manufacturer advises avoid in severe renal impairment.
- **LESS SUITABLE FOR PRESCRIBING** Pseudoephedrine hydrochloride is less suitable for prescribing.
- **EXCEPTIONS TO LEGAL CATEGORY** Galpseud® and Sudafed® can be sold to the public provided no more than 720 mg of pseudoephedrine salts are supplied, and ephedrine base (or salts) are not supplied at the same time; for details see *Medicines, Ethics and Practice*, London, Pharmaceutical Press (always consult latest edition).

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Oral solution

EXCIPIENTS: May contain Alcohol

▶ Galpseud (Thornton & Ross Ltd)

Pseudoephedrine hydrochloride 6 mg per 1 ml Galpseud 30mg/5ml linctus sugar-free | 2000 ml [PoM] £14.00

Tablet

▶ Galpseud (Thornton & Ross Ltd)

Pseudoephedrine hydrochloride 60 mg Galpseud 60mg tablets | 24 tablet [PoM] £2.25

Xylometazoline hydrochloride

13-Feb-2020

- **DRUG ACTION** Xylometazoline is a sympathomimetic.

● INDICATIONS AND DOSE

Nasal congestion

▶ BY INTRANASAL ADMINISTRATION USING NASAL DROPS

- ▶ Child 6–11 years: 1–2 drops 1–2 times a day as required for maximum duration of 5 days, 0.05% solution to be administered into each nostril
- ▶ Child 12–17 years: 2–3 drops 2–3 times a day as required for maximum duration of 7 days, 0.1% solution to be administered into each nostril
- ▶ Adult: 2–3 drops 2–3 times a day as required for maximum duration of 7 days, 0.1% solution to be administered into each nostril
- ▶ BY INTRANASAL ADMINISTRATION USING NASAL SPRAY
- ▶ Child 12–17 years: 1 spray 1–3 times a day as required for maximum duration of 7 days, to be administered into each nostril
- ▶ Adult: 1 spray 1–3 times a day as required for maximum duration of 7 days, to be administered into each nostril

IMPORTANT SAFETY INFORMATION

The CHM/MHRA has stated that non-prescription cough and cold medicines containing oxymetazoline or xylometazoline can be considered for up to 5 days' treatment in children aged 6–12 years after basic principles of best care have been tried; these medicines should not be used in children under 6 years of age.

- **CAUTIONS** Angle-closure glaucoma · avoid excessive or prolonged use · cardiovascular disease (in children) · diabetes mellitus · elderly · hypertension · hyperthyroidism · ischaemic heart disease (in adults) · prostatic hypertrophy (risk of acute retention)(in adults) · rebound congestion
- CAUTIONS, FURTHER INFORMATION**
- ▶ Rebound congestion Sympathomimetic drugs are of limited value in the treatment of nasal congestion because they