

# Claritin-D (loratadine / pseudoephedrine) basics

**Treats allergies and clears up nasal congestion.** Claritin-D (loratadine / pseudoephedrine) relieves allergies and congestion without causing daytime sleepiness but it can keep you up at night.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Claritin-D (loratadine / pseudoephedrine)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Dry mouth</b>					
<b>Insomnia</b>					
<b>Drowsiness</b>					
<b>Nervousness or anxiety</b>					
<b>Sore throat</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- It is kept behind the pharmacy counter rather than in the aisles.
- You will need to show a photo ID because federal law requires pharmacies to track all pseudoephedrine purchases.
- Don't cut, crush, or chew tablets. Swallow them whole.
- Avoid taking close to bed time since you may have trouble sleeping.
- Talk to your doctor if you need to use this medicine for more than a few weeks. A different medicine might work better for you.

## Risks and warnings

Contact your doctor if you experience any of these.

### High blood pressure

Claritin-D (loratadine / pseudoephedrine) narrows blood vessels and can raise blood pressure. This is an issue, especially if you already have high blood pressure or glaucoma. Talk to your doctor or pharmacist if you have any questions.

### Restlessness

Claritin-D (loratadine / pseudoephedrine) activates your nervous system. This stimulating effect can be bad if you have heart problems, thyroid disease, or diabetes. Talk to your doctor before you start Claritin-D (loratadine / pseudoephedrine) to see if it's safe.

### Difficulty concentrating

Claritin-D (loratadine / pseudoephedrine) can lower your ability to focus, think, and react. Be careful. Avoid activities that require you to be alert, such as driving a car or operating machinery, until you know how this medicine affects you.