

# Sudafed (Pseudoephedrine) basics

**Clears your sinuses.** Sudafed (Pseudoephedrine) relieves stuffy nose, but it could keep you up at night. Don't forget your photo ID or you won't be able to buy it in the drugstore.

## 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>Sudafed (Pseudoephedrine)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Nervousness</b>					
<b>Anxiety</b>					
<b>Insomnia</b>					
<b>Fast heartbeat</b>					
<b>High blood pressure</b>					
<b>Hallucinations</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Starts working in 30 minutes.
- You need to show an ID to buy Sudafed (Pseudoephedrine) in the drugstore because it contains pseudoephedrine.
- Follow age-specific dosing instructions on how much to take. Don't take more than recommended on the package.
- Don't take Sudafed (Pseudoephedrine) too close to bedtime since it can keep you awake.
- Can cause an irregular or fast heartbeat, and can raise your blood pressure.
- Talk to your doctor if your symptoms don't get better in 1 week.

## Risks and warnings

Contact your doctor if you experience any of these.

### High blood pressure

Sudafed (Pseudoephedrine) works by narrowing blood vessels. It can cause or worsen high blood pressure. If you feel dizzy or have a headache that won't go away, Sudafed (Pseudoephedrine) might not be the best option for you.

### Heart problems

The stimulant effect of Sudafed (Pseudoephedrine) can make your heart work harder than it can handle. Be careful if you have a history of heart conditions. Talk to your doctor to find out if another option might be better for you.

### Seizures

Sudafed (Pseudoephedrine) can lower the brain's threshold for seizures in people with certain risk factors. Use with caution if you have a history of seizures.