

Continuing with symptoms of the cold, let's talk about congestion. Congestion can be primarily in your head (sinus congestion) or in your chest or a combination of the two. Congestion feels like pressure and is often described as "stuffiness". Sinus congestion can be treated with oral (those taken by mouth) or intranasal (those used in the nose) medications. Oral decongestants include pseudoephedrine (Sudafed®) and phenylephrine (Sudafed PE®). Pseudoephedrine is kept behind the counter and must be signed for. Some intranasal decongestants are phenylephrine (Neo-Synephrine®) and oxymetazoline (Afrin®). The use of intranasal decongestants should be limited to three days to avoid rebound congestion. OTC medications can also treat chest congestions. One option is guaifenesin (Mucinex®). Your medical history should be considered when choosing a product for congestion. Come into Tiger Town Pharmacy or Homer Drug Co. to consult with our pharmacists to determine which medication will best suit your symptoms and medical history.