

Pseudoephedrine Rx in Oregon



Oregon Injury and Violence Prevention Program Fact Sheet

Background

As methamphetamine use increased rapidly in the early 2000s, many states began to restrict the sale of pseudoephedrine—a medication commonly used to make black market methamphetamine.

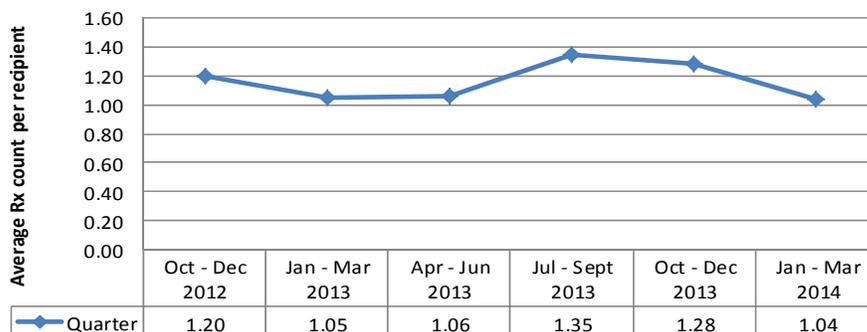
In 2006, Oregon became the first state to make pseudoephedrine a Schedule III controlled substance. This requires individuals to obtain a doctor's prescription to purchase cold and allergy medication.

DRUG FACTS

- **Pseudoephedrine** is in a class of medications called nasal decongestants and is used to relieve nasal congestion caused by colds, allergies, and hay fever. It is also used to temporarily relieve sinus congestion and pressure.
- **Ephedrine** is a decongestant and bronchodilator and is used for temporary relief of shortness of breath, chest tightness, and wheezing due to bronchial asthma. Ephedrine is a primary precursor for methamphetamine and became a scheduled drug in Oregon in the early 1990s.
- **Phenylpropanolamine** is a decongestant and has been used to treat the congestion associated with allergies, hay fever, sinus irritation, and the common cold. It also causes a decrease in appetite and is used in some over-the-counter diet aids.

PDMP Data

Pseudoephedrine* prescriptions, OR, 10/1/12 - 3/1/14



*Includes pseudoephedrine, ephedrine and phenylpropanolamine. Where cells are blank, data not available.

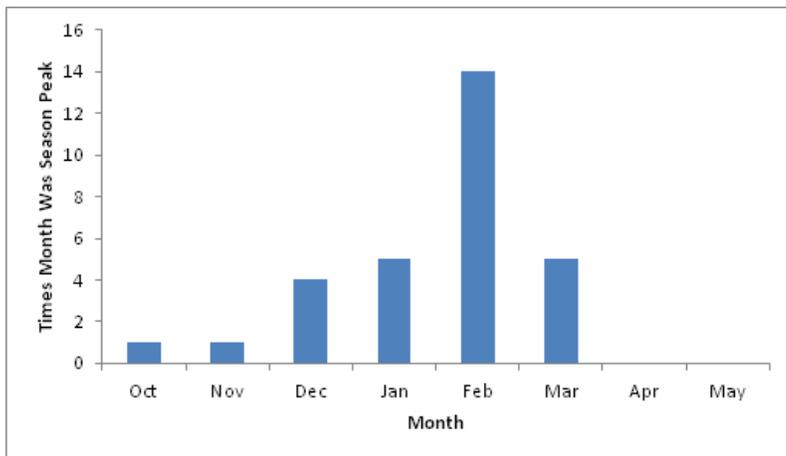
The figure represents data collected on retail sales of pseudoephedrine prescriptions in Oregon.

Prescriptions and dispensation of pseudoephedrine will increase and decrease

seasonally associated with the onset and duration of the cold and flu and allergy seasons—see figure of Peak Month of Flu Activity below.

Flu cases typically increase five fold by February and then drop again to background levels.

Peak Month of Flu Activity 1982-83 through 2011-12, US *



*Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCRID)

Cold and Flu Information

Influenza is a seasonal disease that mainly spreads person-to-person when infected people cough or sneeze or touch contaminated surfaces.

In the Northern hemisphere, winter is the time for flu, but the exact timing and duration of flu seasons vary. While flu outbreaks can happen as early as October, most of the flu activity peaks in January or later—see the figure to the right.

The “peak month of flu activity” is the month with the highest percentage of respiratory specimens testing positive for influenza virus infection.

For more information go to: <http://healthoregon.org/fludata>.