

1. What is phenylpropanolamine?

Phenylpropanolamine is an ingredient in drug products used as a nasal decongestant and cough/cold products to relieve stuffy nose or sinus congestion and in weight control drug products to control appetite.

2. Why are products containing Phenylpropanolamine banned?

Study conducted by Yale University School of Medicine has showed an increased risk of hemorrhagic stroke (bleeding of the brain due to rupture of blood vessels in the brain) in people who were taking phenylpropanolamine. The study pointed out that the number of people having strokes when taking phenylpropanolamine was greater than the number of people having strokes who were not taking phenylpropanolamine. While the incidence of hemorrhagic stroke is very low, concerns are significant because of the seriousness of a stroke and the inability to predict who is at risk. Therefore, DRA believes that the risks of using phenylpropanolamine outweigh the benefits and recommend that consumers no longer use products containing phenylpropanolamine.

3. What was done to address these safety concerns by DRA?

The DRA has notified the prescribers, pharmacy/medical shops and other dealers to stop importing and selling/dispensing products containing Phenylpropanolamine.

4. What types of products contain phenylpropanolamine?

Phenylpropanolamine is found in nasal decongestants and cough/cold products such as d'cold total, and products for weight control.

5. How will I know if my products contain phenylpropanolamine?

Drug products containing this ingredient may be identified by looking for "phenylpropanolamine" in the list of active ingredients on the label. It is available in tablets, syrups. If you are still unsure, check with the Pharmacy department, JDWNRH or contact DRA.

6. How can I report a suspected side effect with any medicine?

You can report an adverse drug reaction at National Pharmacovigilance Centre, Pharmacy Department, JDWNR Hospital, Thimphu Bhutan, Telephone: +975-2-322420 (ext 231),
[Email: pharmcentre@druknet.bt](mailto:pharmcentre@druknet.bt)

7. If I have questions about drug products whom can I contact?

Drug Regulatory Authority, Royal Government of Bhutan, P.O. Box No. 1556, Thimphu, Bhutan.
Telephone: 00975-2-337074/339015, Fax: 00975-2-335803, Drug Inspector: 337075/337076
Fax No: Fax: 00975-2-335803, Email: dra@druknet.bt, URL: <http://www.dra.gov.bt>