

Re: Back from Italy

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- *From:* Margie <nomoremargiesjunk@xxxxxxxxxxxxxx>
 - *Date:* Thu, 01 Jun 2006 15:51:57 GMT
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Kathy,

Years ago, I was visiting my mom and had a bad cold/cough. For some reason I bought (or she had on hand) Robitussin-CF, which also contains a decongestant. It was the worst night I've ever spent. I felt drunk and speedy at the same time and couldn't get any sleep. I am very careful about taking decongestants; generally, I use a very, very judicious spray of Afrin to unclog my nose when needed, but rarely take Sudafed.

I'm amazed at how many people don't understand the difference between a decongestant and an antihistamine. I always keep Benadryl, Sudafed and Afrin on hand but use them each for specific symptoms (and for plugged ears, the decongestant would have been a better choice than the antihistamine, IMO), and rarely if ever combine them. I'm amazed at people who can take Nyquil and stuff like that -- too many ingredients for me!

Margie

On Wed, 31 May 2006 21:47:05 -0700, "Kathycarp"
<kathycarp@xxxxxxxxxxxxxx> wrote:

Warning. I took a Benadryl last week because my ears were totally plugged, and I thought it might help. Of course, I took it before bed and I would get a good night's sleep out of it as well. I woke up at midnight, and tossed and turned the rest of the night, just feeling wide awake. Could not figure this out. Benadryl has always been a good "sleeping pill" for me. So, I go get the box, and lo and behold, it is Benadryl D - and has pseudoephedrine in it! Next time it will be *plain* Benadryl.