

March 5, 2019

Dear Chair Salinas and members of the House Committee on Health Care,

I'm urging your support on HB 2303. I feel pseudoephedrine can be an over the counter medication with limitations and safety measures. Many other states already do this. For an Oregonian to obtain pseudoephedrine they currently need a prescription which is a costly undertaking to leave work, see your doctor and go to the pharmacy.

A couple years ago I was traveling across the country and came down with an inner ear infection the day of a flight. I flew from Tennessee to New York, and due to the inner ear pressure, it actually caused me to pass out on the flight. It nearly diverted the flight and caused medics to be ready in case they were needed when we landed. Thankfully, I was ok and no further medical attention was needed. I had to turn around 24 hours later and get back on a flight from New York to Portland and worried the long flight might cause a similar issue. I was able to go to a Walgreens in New York, show my ID, and get a small package (I think 8 total?) of Sudafed. This helped clear up the congestion causing the ear pressure so I could get on my flight the next day. Had I been in Oregon this would have been a huge ordeal and undertaking to obtain this.

Please allow this back on the shelves for safe purchase.

Thank You,

Stacy Cayce  
Hillsboro