

MANAGING YOUR HAYFEVER (ALLERGIC RHINITIS)

Reduce exposure to Allergens** (see info sheet)

USE a MECHANICAL wash

- Use squeeze bottle delivery system ☐
eg. FESS sinu-cleanse, Neilmed Sinus rinse, Flo wash
- Use Netipot wash ☐
- Use continuous spray delivery system ☐

Use a TOPICAL STEROID SPRAY

Nº of sprays Times per day

- | | | |
|--------------------------------------|--------------------------|--------------------------|
| • Nasonex (mometasone) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Avamys (fluticasone) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Omnaris (ciclesonide) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Rhinocort (budesonide) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Dymista (fluticasone + azelestine) | <input type="checkbox"/> | <input type="checkbox"/> |

Aim the spray towards the inner part of your eye on the same side

Do not sniff hard after application

DROPS

- Flixonase Nasules (fluticasone – strong dose**) ☐ ☐
Put half of the nebule into each nostril, alternate the side you start on each night

ACTION PLAN

- Use 2 sprays of the topical steroid into each nostril once daily as maintenance

Allergy flare up

- Increase topical steroid spray to 2 sprays into each nostril TWICE daily
- ADD Zyrtec spray OR Livostin OR Azepe (topical antihistamine) 2 sprays into each nostril TWICE daily
- AFTER 10-14days reduce the topical steroid back to once a day and STOP the topical antihistamine
- For additional breakthrough symptoms
- Take an oral antihistamine in the morning
- Claratyne ☐ Zyrtec ☐ Telfast ☐ Alerius ☐ Xyzal ☐
 - Remember to switch your oral antihistamines to prevent a tolerance building up
 - You DO NOT need to switch topical steroid or anti-histamine sprays
- For NOSE and THROAT itchiness use Livostin or Azepe nasal spray 2-3 per day
- For EYE redness and itchiness use Patanol eye drops 2 drops twice a day

** Allergens are any substance which can trigger allergy examples include dust mites, dog and cat epithelium, mould, pollens etc Allergy testing allows you to know which allergens you are allergic to.