

MANAGING ALLERGIC RHINITIS IN PATIENTS WITH ASTHMA

Allergic rhinitis:

- affects about 3 out of 4 people with asthma1
- can compromise asthma control²⁻⁵
- is a risk factor for thunderstorm asthma (if sensitised to grass pollen).6

SUMMARY OF ALLERGIC RHINITIS TREATMENT RECOMMENDATIONS⁷

	Persistent or moderate-to-severe	Mild intermittent			
Adults and adolescents					
First-line	INCS	Oral AH or montelukast*			
Second-line	INCS + intranasal AH	INCS			
Children 6–12 years					
First-line	INCS	AH (oral or intranasal) or montelukast*			
Second-line	Add montelukast*	INCS			
Children <6 years					
First-line	Oral AH* or montelukast*				
Second-line	INCS*				

AH: H1-antihistamine; INCS: intranasal corticosteroid *Refer to TGA indication and PBS listing *Refer to prescribing information, including possible side-effects

INTRANASAL MEDICINES:⁷

Demonstrate correct intranasal spray technique and check regularly.

Consider isotonic saline spray or rinse before use.

PRACTICE TIPS

Provide a written allergic rhinitis treatment plan template at allergy.org.au

Include treatment in written
asthma action plan
templates at nationalasthma.org.au

YOUR HAY FEVER

(ALLERGIC RHINITIS)

TREATMENT PLAN

IREAIMENT PLAN						
Step 1: Saline rinse/spray						
Step 2: Medicated spray						
Other instructions:						
Health practitioners - tick the medicines and/or nasal sprays you recommend for the patient.						
COMMON MEDI	CINES					
FOR HAY FEVER	₹					
Cetirizine tablets 10 mg	Fexofenadine tablets 120 mg					
Cetirizine liquid 1 mg/mL	Fexofenadine tablets 180 mg					
Cetirizine liquid 10 mg/mL						
Octinization additional and the state of the	Fexofenadine liquid 6 mg/mL					
Desloratadine tablets 5 mg	Fexofenadine liquid 6 mg/mL Loratadine tablets 5 mg					
Desloratadine tablets 5 mg	Loratadine tablets 5 mg					

COMMON NASAL TREATMENTS FOR HAY FEVER

SALINE







† generic brands also available

- * Available by prescription only. Check TGA and RPBS for current criteria
- ^ only available in value pack
- # Available in adults and children's

Corticosteroid sprays















Antihistamine sprays



Azep

azelastine

125mcg

Zyrtec levocabastine 0.5mg/mL



USE YOUR MEDICINES THE RIGHT WAY FOR BEST RESULTS

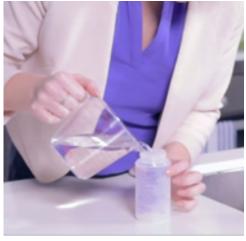
Ask your pharmacist to show you how or watch our 'how-to' videos at nationalasthma.org.au

USING SALINE RINSES AND NASAL SPRAYS

USING A SALINE RINSE

Do follow the instructions on the packaging.







- Add 1 saline powder sachet to bottle and pre-boiled lukewarm water to FULL line.
- Screw on lid, gently shake to dissolve powder and lean over a basin.
- Place cap inside left nostril, keep mouth open and gently and slowly squeeze bottle.
- Solution will wash through nasal passage and sinus cavity and come out other nostril.
- Repeat on other side then wash bottle, cap and tube thoroughly.

TREAT YOUR NOSE TO MANAGE YOUR ASTHMA

Your asthma action plan should include a hay fever treatment

If you get springtime hay fever, make sure you know how to avoid thunderstorm asthma – ask your doctor or search thunderstorm at nationalasthma.org.au

USING A NASAL SPRAY

Do follow the instructions on the packaging.





Do not:

- · tilt your head back while spraying
- push the nozzle too hard or far into your nose
- blow your nose hard after spraying or sniff hard after spraying
- use a saline rinse straight after using the medicine



REFERENCES

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DISCLAMIER

Although all care has been taken, this resource is a general guide only, which is not a substitute for assesment of appropriate courses of treatment on a case-by-case basis. The National Asthma Council Australia expressly disclaims all responsibility (including for negligence) for any loss, damage or personal injury resulting from reliance on the information contained herein