



**National
Asthma
Council** AUSTRALIA

ALLERGIC RHINITIS

Treatment planner for
patients with asthma

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		
<i>First-line</i>	INCS	Oral AH or montelukast*
<i>Second-line</i>	INCS + intranasal AH	INCS
Children 6–12 years		
<i>First-line</i>	INCS	AH (oral or intranasal) or montelukast*
<i>Second-line</i>	Add montelukast*	INCS
Children <6 years		
<i>First-line</i>	Oral AH* or montelukast*	
<i>Second-line</i>	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

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 MEDICINES FOR HAY FEVER

- | | |
|---|--|
| <input type="checkbox"/> Cetirizine tablets 10 mg | <input type="checkbox"/> Fexofenadine tablets 120 mg |
| <input type="checkbox"/> Cetirizine liquid 1 mg/mL | <input type="checkbox"/> Fexofenadine tablets 180 mg |
| <input type="checkbox"/> Cetirizine liquid 10 mg/mL | <input type="checkbox"/> Fexofenadine liquid 6 mg/mL |
| <input type="checkbox"/> Desloratadine tablets 5 mg | <input type="checkbox"/> Loratadine tablets 5 mg |
| <input type="checkbox"/> Desloratadine liquid 0.5 mg/mL | <input type="checkbox"/> Loratadine tablets 10 mg |
| <input type="checkbox"/> Fexofenadine tablets 30 mg | <input type="checkbox"/> Loratadine liquid 1 mg/mL |
| <input type="checkbox"/> Fexofenadine tablets 60 mg | |

SALINE



FESS Nasal
& Sinus Mist†



FESS Nasal Irrigation
Rinse
sodium chloride†



FESS Nasal Spray†#

† 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

COMMON NASAL TREATMENTS FOR HAY FEVER

Corticosteroid sprays



Flixonase
fluticasone propionate
50mcg



Rhinocort Hayfever •
Rhinocort*
budesonide†
32mcg • 64mcg



Omnanis*
ciclesonide
50mcg



Nasonex Allergy • Nasonex*
mometasone†
50mcg



Avamys*
fluticasone furoate
27.5mcg



Beconase
beclomethasone
50mcg

Combination corticosteroid/antihistamine



Dymista*
azelastine/fluticasone
propionate
125mcg/50mcg

Antihistamine sprays



Azepl
azelastine
125mcg



Zyrtec
levocastastine
0.5mg/mL



Livostin
levocastastine
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.

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

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

REFERENCES

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DISCLAIMER

Although all care has been taken, this resource is a general guide only, which is not a substitute for assessment 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