ALLERGIC RHINITIS TREATMENT PATHWAY (ADULTS)

Full patient history and nasal examination
Further investigation needed if RED FLAGS present:
e.g. blood stained nasal discharge, facial pain, swelling

MILD AND INTERMITTENT
(Seasonal)
• No troublesome symptoms
• Completes normal daily activities
• Sleep not affected
• Normal work and school

MODERATE–SEVERE OR PERSISTENT
(Perennial)
• Impaired daily activities
• Abnormal sleep, sleep disturbance
• Troublesome symptoms
• Problems caused at school/work

Step 1 – Self management and oral antihistamine
Give advice on self-management strategies including nasal irrigation as detailed on the NHS website.
(link: www.nhs.uk/conditions/allergic-rhinitis/treatment)
Advise purchase of over the counter oral antihistamine:
Cetirizine 10mg once daily or Loratadine 10mg once daily

If ineffective after 1 month compliant use

Step 2 – ADD an Intranasal Corticosteroid, trial for 1 month
(if ineffective, trial a second before moving to next step)
1st line – Patients should be advised to purchase a suitable product over the counter first line
Community pharmacist will be able to recommend a suitable product.
e.g. Beclometasone dipropionate 50microgram/dose nasal spray. 2 sprays each nostril twice daily.
Remind patient to reduce dose to 1 spray each nostril twice daily once symptoms controlled.
2nd line - Mometasone Furoate 50microgram/dose Nasal Spray POM
Perennial rhinitis/nasal polyps
2 sprays each nostril once daily, reduce to 1 spray each nostril once daily once symptoms controlled. (£1.60/140 doses* - prescribe generically)
3rd line - Fluticasone Furoate 27.5microgram/dose Nasal Spray (Avamys®) POM
Allergic rhinitis with accompanying ocular symptoms
2 sprays each nostril once daily, reduce to 1 spray each nostril once daily once symptoms controlled. (£6.44/120 doses*)

If at least two choices from step 2 NOT tolerated

Step 3 – Alternative to Intranasal Corticosteroid
Azelaiste nasal spray (Rhinolast®) POM - 1 spray each nostril twice daily (£10.50/22ml)

If ineffective after 1 month compliant use

Step 4 – Stop all other treatment (including oral antihistamines), start;
Fluticasone Propionate/Azelaiste nasal spray (Dymista®) POM – 1 spray each nostril twice daily (£14.80/120 doses*)
If symptoms are severe, consider short course of oral corticosteroids e.g. prednisolone 30mg daily for 5 days then stop.

After 2 months if symptoms persist, refer to secondary care specialist.

*Prices shown are for NHS prescription (Drug Tariff Feb19)