

ENT SURGICAL CONSULTANTS

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NON-STEROID ALLERGY NASAL SPRAYS (11/08)

Antihistamine Nasal Spray	Adult dose
Astelin® Nasal Spray	2 sprays per nostril twice daily
Patanase® Nasal Spray	2 sprays per nostril twice daily

- An antihistamine nasal spray with systemic effects (absorbed into the body just like an antihistamine pill).
- Helps with nasal drainage, sneezing and nasal congestion.
- May be used on an “as needed” basis.
- Rapid onset of action.
- Do not use oral antihistamines (Claritin®, Benadryl®, Tavist®, Allegra®, Zyrtec®, etc) at the same time.
- May be used for non-allergic nasal symptoms.
- May be associated with a bitter taste and somnolence.

Anticholinergic Nasal Sprays	Adult dose
Atrovent® 0.03% Nasal Spray	2 sprays per nostril two or three times a day
Atrovent® 0.06% Nasal Spray	2 sprays per nostril two or three times a day

- Helps with nasal drainage and sneezing, but not nasal congestion.
- Helps with nasal drainage associated with eating certain foods.
- May be used simultaneously with topical nasal steroid sprays and antihistamines.
- May be used on an "as needed" basis.
- Rapid onset on action.

Mast Cell Stabilizing Nasal Spray	Adult dose
Nasal crom Nasal Solution*	1 spray per nostril 3-4 times a day

* Approved for children 6-12 years old

- Indicated for the prevention and treatment of allergic nasal symptoms only.
- More effective if started prior to expected contact with the allergic trigger.
- May be used simultaneously with topical nasal steroid sprays and antihistamines.
- Effects usually not apparent for 2-4 weeks.
- Treatment should be continued throughout the period of exposure.
- Often causes nasal stinging or irritation when sprayed.
- Available over the counter.