

Hayfever Policy – Strathesk Medical Practice/Lothian Health

- Antihistamines may be of value in the treatment of nasal allergies, especially hay fever, and vasomotor rhinitis. They reduce runny nose and sneezing but are usually less effective for nasal congestion.
- Cetirizine and loratadine cause less sedation than chlorphenamine; they are available over-the-counter
- Loratadine may be a suitable alternative for patients who develop sedation with cetirizine.
- Beclometasone nasal spray will not give instant relief of symptoms; maximum efficacy is achieved after a few days. Patient must be over 18 and maximum use of 3 months.
- For seasonal allergic rhinitis, prophylaxis should begin 2-3 weeks before the start of the pollen season and continue throughout.

Please see suggested over the counter treatments that you can purchase from your local pharmacy below. Children and certain eligible patients may be entitled to free medications under the **Minor Ailments Scheme** at the Pharmacy– please enquire at your local pharmacy.

Hayfever/ Allergic Rhinitis Remedies for Adults and Children

ADULT

<i>Allergic rhinitis -</i>	
First Choice:	beclometasone
<i>Antihistamines -</i>	
First Choice:	cetirizine chlorphenamine
Second Choice:	loratadine

CHILD

<i>Non sedating antihistamines -</i>	
First Choice:	cetirizine
<i>Sedating antihistamines -</i>	
First Choice:	chlorphenamine

Hayfever Eye Symptom Remedies for Adults and Children

ADULT AND CHILD

<i>Prophylaxis -</i>	
First Choice:	sodium cromoglicate 2%
<i>Acute treatment -</i>	
First Choice:	Otrivine-Antistin®

When to Seek Assistance from Your GP Practice

- Wheezing or shortness of breath, tightness of chest.
- Suspected drug allergy.
- Persisting painful ear or sinuses.
- Purulent conjunctivitis.
- Failed medication - no improvement in symptoms after 10 days of trying each medication.