



**National  
Asthma  
Council**  
AUSTRALIA

# **ALLERGIC RHINITIS**

Treatment planner for  
patients with asthma

# MANAGING ALLERGIC RHINITIS IN PATIENTS WITH ASTHMA

## Allergic rhinitis:

- affects up to 3 out of 4 people with asthma<sup>1</sup>
- can compromise asthma control<sup>2-5</sup>
- is a risk factor for thunderstorm asthma (if sensitised to grass pollen).<sup>6</sup>

## SUMMARY OF ALLERGIC RHINITIS TREATMENT RECOMMENDATIONS<sup>7-9</sup>

|                               | Persistent or moderate-to-severe | Mild intermittent       |
|-------------------------------|----------------------------------|-------------------------|
| <b>Adults and adolescents</b> |                                  |                         |
| First-line                    | INCS/INAH or INCS                | AH (oral or intranasal) |
| Second-line                   | INCS or INCS + oral AH           | INCS                    |
| <b>Children 6–12 years</b>    |                                  |                         |
| First-line                    | INCS                             | AH (oral or intranasal) |
| Second-line                   | INCS + AH (oral or intranasal)   | INCS                    |
| <b>Children &lt;6 years</b>   |                                  |                         |
| First-line                    | Oral non-sedating AH*            |                         |
| Second-line                   | INCS*                            |                         |

AH: H1-antihistamine; INCS: intranasal corticosteroid; INAH: intranasal antihistamine

\*Check TGA for current age criteria

## INTRANASAL MEDICINES:

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](http://allergy.org.au)

Include treatment in written  
asthma action plan  
templates at [nationalasthma.org.au](http://nationalasthma.org.au)

# YOUR HAY FEVER (ALLERGIC RHINITIS) TREATMENT PLAN

## Step 1: Saline rinse/spray

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## Step 2: Medication spray

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## Other instructions:

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Health practitioners - tick the medicines and/or nasal sprays you recommend for the patient.

## COMMON MEDICINES FOR HAY FEVER

- |                                                        |                                                     |
|--------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Bilastine tablets 20mg        | <input type="checkbox"/> Fexofenadine tablets 120mg |
| <input type="checkbox"/> Cetirizine tablets 10mg       | <input type="checkbox"/> Fexofenadine tablets 180mg |
| <input type="checkbox"/> Cetirizine liquid 1mg/mL      | <input type="checkbox"/> Fexofenadine liquid 6mg/mL |
| <input type="checkbox"/> Cetirizine liquid 10mg/mL     | <input type="checkbox"/> Loratadine tablets 5mg     |
| <input type="checkbox"/> Desloratadine tablets 5mg     | <input type="checkbox"/> Loratadine tablets 10mg    |
| <input type="checkbox"/> Desloratadine liquid 0.5mg/mL | <input type="checkbox"/> Loratadine liquid 1mg/mL   |
| <input type="checkbox"/> Fexofenadine tablets 60mg     |                                                     |

## COMMON NASAL TREATMENTS FOR HAY FEVER

### Saline



FESS Nasal & Sinus Mist<sup>†</sup>  
sodium chloride  
30mg/mL



FESS Nasal and Sinus Wash<sup>†</sup>  
sodium chloride  
9mg/mL



FESS Saline Spray (nasal spray)<sup>†\*</sup>  
sodium chloride  
9mg/mL



FESS Children's Nasal Spray 2 Years+<sup>†</sup>  
sodium chloride  
9mg/mL

### Corticosteroid sprays



Flixonase  
fluticasone propionate  
50mcg



Rhinocort Hayfever & Allergy Original Nasal Spray  
budesonide • 32mcg  
Rhinocort Hayfever & Allergy Extra Strength  
budesonide • 64mcg  
Rhinocort Aqueous Nasal Spray<sup>†\*</sup>  
budesonide • 64mcg



Omnaris  
ciclesonide  
50mcg



Nasonex Allergy Aqueous Nasal Spray  
mometasone • 50mcg  
Nasonex Aqueous Nasal Spray 0.05% Alcohol Free\*  
mometasone • 50mcg



Avamys  
fluticasone furoate  
27.5mcg



Beconase  
beclomethasone  
50mcg

### Combination antihistamine/corticosteroid sprays



Dymista Allergy  
azelastine/fluticasone propionate  
125mcg/50mcg  
Dymista 125/50\*



Ryaltris\*  
olopatadine/  
mometasone  
600mcg/25mcg

### Antihistamine sprays



Azep  
azelastine  
125mcg



Zyrtec  
levocabastine  
0.5mg/mL



Livostin  
levocabastine  
0.5mg/mL

<sup>†</sup> Generic brands also available

\* Available by prescription only. Check TGA and RPBS for current criteria

# 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](http://nationalasthma.org.au)

## USING SALINE RINSES AND NASAL SPRAYS

### USING A SALINE RINSE

Follow the instructions on the packaging.

HOW-TO VIDEOS



- 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 right 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

Follow the instructions on the packaging.



#### Common errors to avoid:

- Avoid tilting your head back while spraying.
- Avoid pushing the nozzle too hard or far into your nose.
- Avoid blowing your nose hard after spraying or sniffing hard after spraying.
- Avoid using a saline rinse straight after using a medication spray.

## 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](http://nationalasthma.org.au)



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## 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.



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