

CORTICOSTEROID



Flixonase
fluticasone propionate
50mcg



Avamys*
fluticasone furoate[†]
27.5mcg



Omnaris*
ciclesonide
50mcg



Beconase
beclomethasone
50mcg



Rhinocort
budesonide[†]
32mcg • 64mcg



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

KEY MESSAGES

First-line treatment options for allergic rhinitis include intranasal corticosteroid sprays, used alone or in combination with intranasal antihistamines.

Combination intranasal antihistamine-corticosteroid sprays are more effective than either treatment used alone.

Intranasal corticosteroid sprays reach full therapeutic effect after 1-2 weeks, while intranasal antihistamine sprays have a rapid onset of action, providing symptom relief within 15-30 minutes.

ANTIHISTAMINE-CORTICOSTEROID



Dymista Allergy
azelastine-fluticasone propionate[†]
125mcg/50mcg

Dymista 125/50*
azelastine-fluticasone propionate
125mcg/50mcg



Ryaltris Allergy
olopatadine-mometasone
600mcg/25mcg

Ryaltris*
olopatadine-mometasone
600mcg/25mcg

SALINE



FESS Original Nasal Spray
sodium chloride[†]
9mg/mL



FESS Nasal & Sinus Wash
sodium chloride[†]
9mg/mL



FESS Nasal & Sinus Mist
sodium chloride[†]
30mg/mL



FESS Children's Nasal Spray 2 Years+
sodium chloride[†]
9mg/mL

Saline nasal irrigation can help clear mucus, allergens and debris from the nasal passages. Using saline before INCS may improve contact of the corticosteroid with the nasal mucosa and enhance symptom control. Ideally, use saline first, gently clear the nose then administer the INCS using correct spray technique.

MORE RESOURCES

National Asthma Council Australia
'How-to' videos for nasal spray technique
Clinical recommendations for asthma and allergies
Patient advice, fact sheets and brochures
nationalasthma.org.au

HOW-TO VIDEOS



This chart shows the main intranasal treatment options available in Australia. Check TGA-approved product information for indications and precautions. Developed independently by the National Asthma Council Australia, with support from Care Pharmaceuticals and Viartis.

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DECONGESTANT



Decongestant
xylometazoline



Decongestant
oxymetazoline*

multiple brands available
Most nasal decongestant sprays should not be used for more than 3 days in adults, and no more than 2 days in children. Frequent or prolonged use may cause nasal congestion to recur or worsen.



Spray-Tish
tramazoline[†]
1.18mcg/mL



Otrivin Plus
xylometazoline-ipratropium
0.5mg/mL-0.6mg/mL

ANTIHISTAMINE



Azep
azelastine[†]
125mcg/spray



Zyrtec
levocabastine[†]
0.5mg/mL