

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. You 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®

Hay fever can often be controlled using over-the-counter medication from your pharmacist. However, if your symptoms are more troublesome your pharmacist may advise you contact your GP, as you may require prescription medication.

You usually only need to see your GP if:

- you can't control your symptoms with over-the-counter medications, or you have troublesome side effects caused by the medication.
- you're experiencing persistent complications of hay fever, such as worsening of asthma or repeated episodes of sinusitis.

Self-help tips

It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- Wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors.
- Taking a shower and changing your clothes after being outdoors to remove the pollen on your body.
- Staying indoors when the pollen count is high (over 50 grains per cubic metre of air).
- Applying a small amount of Vaseline (petroleum gel) to the nasal openings to trap pollen grains.