

Hay fever Treatment Guide

We are now having to comply with Cambridge & Peterborough CCG policy on prescribing of medicines that are available for purchase therefore we are no longer able to routinely prescribe medications to treat hay fever on prescription

A full range of effective medication is available from pharmacies & some shops to buy.

There are four types of hay fever product:

- **Oral antihistamines** are generally effective in controlling the typical symptoms of hay fever: sneezing, runny nose, watery eyes & itching nose and throat. They are more effective if they are taken before the symptoms occur – rather than after they have started & should be taken daily throughout the hay fever season. Treatment choices include:
 - Zirtek Allergy or Cetirizine Tablets or Clarityn Allergy or Loratidine Tablets and Syrup or Benadryl Allergy Relief Capsules or One a Day Tablets or Piriteze Tablets

- **Nasal preparations** are suitable if you only suffer nasal symptoms. Most can be used throughout the hay fever season. Ask your pharmacist for advice.
Anti-inflammatory and antihistamine sprays work by suppressing or blocking the allergic response & reducing the inflammation and swelling that can be caused by hay fever. For best results, start using before the hay fever season begins, as they take about 3 days to start working & should be taken daily throughout the hay fever season even if your symptoms seem to have improved. Treatment choices:
 - Beconase Hay Fever Spray or Pirinase Hay Fever Nasal Spray**Nasal Decongestants** can help relieve a blocked nose, but they can cause 'rebound congestion' and should not be used for more than about a week at a time. Treatment choices:
 - Otrivine Drops and Spray**Inhalants** are products containing natural essential oils such as eucalyptus, mint and menthol can be inhaled to ease a stuffy nose. Treatment choices:
 - Olbas Oil or Happinose

Nasal wash Stérimar Hypertonic can be used daily up to 6 times a day all hay fever season to gently relieve severe congestion and blocked noses without withdrawal symptoms.

- **Oral decongestants** - If you're congested, you may prefer a tablet to a nasal spray. These can be used for longer periods than nasal decongestants. Treatment choices:
- Sudafed

- **Eye preparations** Most eye symptoms caused by hay fever will be controlled by oral antihistamines. If your eyes are particularly troublesome or if your hay fever symptoms only occur in the eyes, you may find it helps to use some eye drops. These preparations contain antihistamine or anti-inflammatory ingredients.

Antihistamines eye preparation treatment choices:

- Aller-eze Eye Drops

Anti-inflammatory eye preparation treatment choices:

- Clarityn Allergy Eyedrops or Opticrom Allergy Eyedrops or Optrex Allergy Eyedrops

Antihistamine and decongestant eye preparation treatment choices:

- Otrivine-Antistin eye-drops

Ask your pharmacist for the most suitable treatment for you as some hay fever products are not suitable for use by children, pregnant or breastfeeding women, if you wear contact lenses or if you're taking certain other medicines.

You should see the Practice Nurse or GP if you are experiencing wheezing, breathlessness or tightness in the chest