
Treatment for allergy symptoms of the nose and eyes

How are symptoms treated?

There are many ways to treat allergy symptoms. You will work with members of your health care team to find the best combination of treatments to help your problems

- Avoid pollen, pets or housedust mite if you are allergic.
- To avoid pollen, keep your windows closed and use an air conditioner with the outside air vent closed.
- Avoid cigarette smoke.

About the medications on the next page...

The right treatment is the smallest amount needed to keep you comfortable.

You may need to have a medication from Group A, B or C once in a while. Some people need to take medication each day. You and your doctor or health care provider will work out the best treatment for you.

You can use one medication from each Group A, B, C or D at the same time. They do not react with each other or with asthma medications.

Medications from Group A and Group C work well together. They can be used every day throughout your allergy season **or** only when you have symptoms.

When your symptoms are gone, you may be able to reduce or stop the medications.

If a medication causes side effects:

- lower the amount you take or
- stop taking the medication

If you are concerned contact your doctor or health care provider.

Medication Groups

A. Nose Sprays

1. Steroids

- * Beconase
- * Beconase Aq *
- * Flonase
- * Nasacort *
- * Rhinalar *
- * Rhinocort
- * Vancenase
- * Nasonex *

* Also come in Aqueous form.

2. Non-Steroids

- * Rynacrom

3. Antihistamine

- * Livostin-nasal

B. Eye Drops

Avoid touching the tip of the dropper.

1. Antihistamine with decongestant

- Albalon-A
- Naphcon- A
- Vasocon-A
- Zincfrin-A

2. Antiallergic

- * Alomide
- Opticrom
- * Patanol

3. Antihistamine

- Livostin ophthalmic

C. Taken by Mouth

1. Antihistamines

These can make you sleepy:

- * Atarax
- Benadryl
- Chlor-Tripolon
- Dimetane
- Tavist

These are less likely to make you sleepy:

- Aerius
- Claritin
- Reactine
- Zyrtec

2. Antihistamine with decongestant

- Dimetapp
- Novahistex
- Ornade
- Triaminic
- Claritin D

3. Decongestant only

- Eltor
- Maxenal
- Sudafed

D. Steroid Tablets

- * prednisone
- * medrol

E. Injections

* Allergy Shots

- throughout the year
- or before the season that bothers you

*** You need a doctor's prescription to obtain these.**

About antihistamines

Some antihistamines may make you feel sleepy, restless or make it hard to pass urine. Some people notice a personality change. **If you have any of these problems, lower the amount of medication you are taking or stop taking the medication.**

Antihistamines such as Aerius, Claritin, Reactine and Zyrtec are less likely to make you sleepy.

Follow your doctor's or health care provider's advice if you:

- are pregnant
- are breastfeeding or
- may become pregnant

The safety of taking antihistamines during pregnancy is not known.

Do not use any antihistamines unless your doctor or health care provider has told you to.

About steroid nose sprays

Steroid nose spray may sometimes cause dryness in the nose or nosebleeds. If this happens, you may still be able to use a nose spray. The amount you use will have to be reduced.

About prednisone and medrol

Prednisone is a steroid tablet. Prednisone should be used as your doctor or health care provider ordered. Prednisone may be prescribed together with your other medications. For allergic symptoms of the nose and eyes, prednisone is generally used only a few days or a few weeks. When you can function and sleep normally, the prednisone is decreased slowly and then stopped and the other medications control the symptoms.

Prednisone must be used with care if you have:

- a serious infection
- a stomach ulcer
- high blood pressure
- diabetes