

Patient name: _____

Plan prepared by: Dr _____ Signed: _____

Date: _____

ALLERGEN MINIMISATION

Minimising exposure to confirmed allergen/s may assist some individuals in reducing allergic rhinitis symptoms. Patient education resources on allergen avoidance or minimisation is available on the ASCIA website: www.allergy.org.au/patients/allergy-treatment/allergen-avoidance

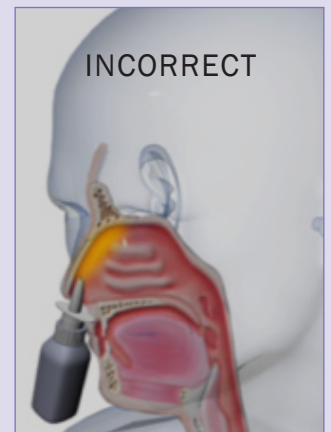
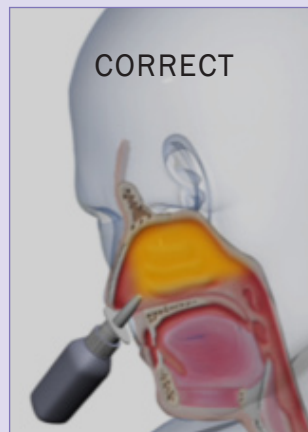
MEDICATIONS

Intranasal corticosteroid spray: _____

1 or 2 times/day/nostril for _____ weeks or _____ months or continuous

Additional instructions: _____

1. Prime the spray device according to manufacturer's instructions (for the first time or after a period of non-use).
2. Shake the bottle before each use.
3. Blow nose before spraying if blocked by mucus.
4. Tilt head slightly forward and gently insert nozzle into nostril. Use right hand for left nostril (and left hand for right nostril).
5. Aim the nozzle away from the middle of the nose and direct nozzle into the nasal passage (not upwards towards tip of nose, but in line with the roof of the mouth).
6. Avoid sniffing hard during or after spraying.



Note: Onset of benefit may take days, so this treatment *must* be used regularly. It does *not* have to be stopped every few weeks. If significant pain or bleeding occurs contact your doctor.

Oral non-sedating antihistamine: _____ Dose _____ mL/mg 1 or 2 times/day

or as needed

Additional instructions: _____

Intranasal antihistamine sprays: _____ 1 or 2 times/day or as needed

Additional instructions: _____

Saline nasal spray or irrigation _____ times/day or as needed

Use 10 minutes prior if used in conjunction with intranasal corticosteroid spray

Decongestant: _____ nasal spray or tablet. Dose _____ mL/mg

_____ times/day for up to 5 days (not more than 1 course/month)

Other medications: _____

Note: If allergen immunotherapy has been initiated by a clinical immunology/allergy specialist, it is important to follow the treatment as prescribed. Contact your GP if you have any questions or concerns.