

Adult Acute Allergy Management

Combination management for allergy symptoms may provide the best relief.

Over-the-counter nasal steroid sprays:

“Best thing for the nasal symptoms.”

These should be started optimally 6 weeks prior to the onset if that can be anticipated.

They are the most effective between 2 weeks and 2 months of starting the medication.

- Flonase: 2 sprays each nostril daily, applied with the chin down and the application pointed away from the midline of the nose toward the ear.
- Nasacort: 2 sprays each nostril daily, applied the same as above.
- Rhinocort: 2 sprays each nostril daily.

Side effects: Most commonly nasal dryness and nosebleeds. Rarely other side effects can be seen. If you suffer from eye problems, especially retinal problems or glaucoma, we would counsel you against using nasal steroid sprays.

Second-generation over-the-counter antihistamines:

These work immediately and are most effective within 5 days of initiating treatment. Good for itching, runny nose, and eyes; not very good for decongestion of the nose.

- Zyrtec: 10mg by mouth once to twice a day as needed
- Xyzal: 5mg by mouth once to twice a day as needed
- Claritin: 10mg by mouth once to twice a day as needed
- Allegra: 180mg by mouth once to twice a day as needed

Side effects: Most commonly sedation if anything. Zyrtec is the most sedating for most people; Allegra is the least sedating and Claritin is perceived somewhere in the middle.

Inflammation modulators:

- Singular (montelukast): 10mg by mouth daily. This is available only by prescription at the moment. It is typically fully effective within 5 days of use.
 - Side effects: Possibly mood changes, nightmares, allergic reaction, and sleepiness.
- Oral or injected steroids (Prednisone, dexamethasone, triamcinolone)
 - These are available only by prescription and we recommend they are only used once every quarter (spring, summer, winter, and fall) at most.