

ALLERGIC RHINITIS TREATMENT PATHWAY

Full patient history and nasal examination
Allergen/irritant avoidance advice

MILD AND INTERMITTENT (Seasonal)
No troublesome symptoms
Completes normal daily activities
Normal sleep disturbance
Normal work and school

MODERATE-SEVERE OR PERSISTENT (Perennial)
Impaired daily activities
Abnormal sleep, sleep disturbance
Troublesome symptoms
Problems caused at school/work

Oral Antihistamine
Cetirizine/Loratadine

Not Effective

Intranasal Corticosteroid (INCS)
At least one month of compliant use as a trial period

1st line: - Beclometasone dipropionate Nasal Spray
2nd line: - Fluticasone Furoate Nasal Spray - for children/ adults with allergic rhinitis with accompanying ocular symptoms
2nd line:- Mometasone Furoate Nasal Spray – for perennial rhinitis/nasal polyps (after beclometasone)

Only if not tolerated

Not Effective

Add Oral Antihistamine
Cetirizine/Loratadine

Not Effective

One month trial of Fluticasone Propionate / Azelastine (Dymista®)
Note: Dymista® may be better tolerated than simple INCS

Not Effective

Referral to Specialist in Secondary Care
Skin Prick/Blood Test to confirm Allergy

Primary Care Initiation