



Patient name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Plan prepared by: \_\_\_\_\_ Signed: \_\_\_\_\_

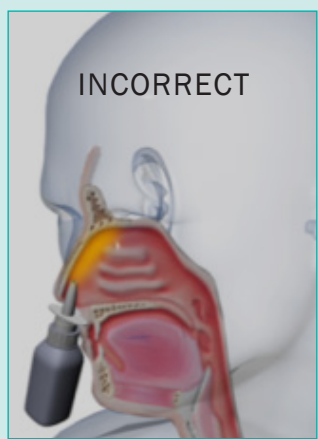
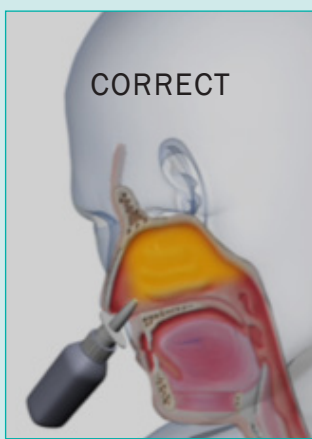
## ALLERGEN MINIMISATION

Minimising exposure to confirmed allergen/s may assist some individuals in reducing allergic rhinitis symptoms. Information on allergen minimisation is available on the ASCIA website [www.allergy.org.au/patients/allergy-treatment](http://www.allergy.org.au/patients/allergy-treatment)

## 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: \_\_\_\_\_

**Combined intranasal antihistamine and corticosteroid spray:** \_\_\_\_\_ 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:** \_\_\_\_\_

## ALLERGEN IMMUNOTHERAPY

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

