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NASAL FACT SHEET (7/25)

98% of all new onset nasal and/or sinus infections less than a duration of 10-14 days are caused by viruses and therefore antibiotics will be of no value, yet increase the risk of promoting antibiotic resistance for up to 2-3 months after inappropriate use, diarrhea and development of allergy sensitization.

MEDICATION CLASS	Topical Nasal Steroid Spray	Topical Nasal Antihistamine	Topical Nasal Anti-cholinergic	Leukotriene Modifier	Antihistamine (2nd Gen) *Nonsedating	Antihistamine with Decongestant	Antihistamine (1st Gen)	Decongestant	Allergy Eye Drops
Example	Nasonex, Nasacort AQ, Nasarel, Flonase, Rhinocort Aqua, Veramyst, Omnaris, QNasl, Zetonna	Astelin, Astepro, and Patanase Nasal Sprays	Atrovent Nasal Spray (regular or extra strength)	Singulair, Accolate	Claritin, Zyrtec, Allegra, Clarinex, Xyzal	Zyrtec-D, Claritin-D, Allegra-D	Benadryl, Tavist, Chlorpheniramine, etc	Sudafed, etc	Patanol, Pataday, Optivar, Zaditor
Nasal congestion	++	+	0	+	0	+	0	+	0
Nasal drainage	++	++	++	+	+	++	++	+	0
Nasal sneezing & itching	++	++	+	+	+	+	++	0	0
Ear congestion	+	0	0	0	0	0	0	0	0
Eye itching & redness	0 (+)	0/+	0	+	0	-	--	-	++
Skin itching & hives	0	+	0	+	+	++	++	0	0
Effect on sinusitis	++	0	0	0	0	--	-	--	0
Effect on allergy	++	+	+	+	+	+	+	+	+
Effect on asthma	0 (+)	0	0	+	0	0	0	0	0
Effect on nasal polyps	+	0	0	+	0	0	0	0	0
Alertness status	0	0/-	0	0	0/-	-	--	-	0
Best Used For	Regular daily use year round for perennial allergies, seasonally for seasonal allergies	Intermittent or regular use (seasonal and perennial)	As needed for water drainage	Intermittent or regular use (seasonal and perennial)	As needed for itching, sneezing (seasonal allergy)	Intermittent use (seasonal and perennial) as long as there are no sinusitis issues	As needed for itching, sneezing before bed (seasonal allergy)	Short term use sparingly	Eye symptoms as needed
Onset of action	1-2 weeks	30 minutes	20 minutes	3-7 days	30-60 minutes	30-60 minutes	30-60 minutes	30-60 minutes	10 minutes
Use with allergy testing	Do not need to stop medication for testing	Stop 7-10 days prior to allergy testing	Do not need to stop medication for testing	Do not need to stop medication for testing	Stop 7-10 days prior to allergy testing	Stop 7-10 days prior to allergy testing	Stop 7-10 days prior to allergy testing		

Key: + Positive or favorable effect - Negative or unfavorable effect 0 No effect