

Nasal Allergy and Chronic Sinus Protocol

Your doctor has determined that you need medical management to control your allergy or sinus symptoms. These medications are considered long-term maintenance and should be continued until provider instructs you to change or stop their use.

Allergy and Sinus:

Antihistamine (Claritin, Allegra, Zyrtec): Take one dose at bedtime every night. Can be purchased over the counter.

Nasal steroid (Nasacort AO, Nasonex, Flonase, Fluticasone):

Two sprays in each nostril daily. Can be purchased over the counter without a prescription.

Saline (Nasogel):

Two sprays in each nostril twice daily. If your nose is dry, increase to four times daily.
Can be purchased over the counter.

Saline nasal washes:

Use eight ounces of distilled water with one packet, once or twice daily when symptomatic.
When not symptomatic, use once daily.

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Use eight ounces of distilled water with one packet, once or twice daily when symptomatic.
When not symptomatic, use once daily.

Use cool mist vaporizer in bedroom with distilled water.

Severe congestion (allergies, sinus symptoms or colds):

Extra-Strength Mucinex:

One 1200 mg tablet twice a day for ages 12 and older. (Children's formulation is available. Take as directed.)

Cold Medications:

D – Pseudoephedrine (Decongestant)

PE – Phenylephrine (Decongestant)

OM – Dextromethorphan (Cough suppressant)

**Note for decongestants: Pseudoephedrine and Phenylephrine should NOT be used with history or treated high blood pressure. In these cases, consider Coricidin HBP.*

Children over 12 months: use 1 tsp of honey + 1 tsp of lemon to treat cough and nasal saline lavage to clear nose of mucus.

Note: The American Academy of Pediatrics has determined that over-the-counter cough and cold medications should not be used in children aged six and under.