

Corticosteroids		Used to treat:	Severe adverse effects:	Assess/Monitor
Nasal spray	Beclomethasone	<ul style="list-style-type: none"> <li>allergic rhinitis (hay fever) and other allergies</li> </ul>	<ul style="list-style-type: none"> <li>Frequent or severe nose bleeds.</li> </ul>	<ul style="list-style-type: none"> <li>Improvement of symptoms</li> </ul>
	Budesonide (Rhinocort)	<ul style="list-style-type: none"> <li>by reducing inflammation, swelling, and mucus</li> </ul>	<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	<ul style="list-style-type: none"> <li>Correct administration techniques</li> </ul>
	Ciclesonide (Omnaris)		<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	
	Flunisolide		<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	
	Fluticasone (Flonase)	<p><b>Contraindications:</b></p> <ul style="list-style-type: none"> <li>Hypersensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	<p><b>Patient Education</b></p> <ul style="list-style-type: none"> <li>Gently blow your nose,</li> </ul>
	Fluticasone furoate (Veramyst)	<ul style="list-style-type: none"> <li>Allergy to the ingredient in medication</li> </ul>	<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	<ul style="list-style-type: none"> <li>shake the bottle, tilt your head slightly forward, and aim the nozzle toward the outer wall of the nostril, not the septum</li> </ul>
	Mometasone (Nasonex)	<p><b>Use with caution:</b></p> <ul style="list-style-type: none"> <li>recent nasal ulcers,</li> </ul>	<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	<ul style="list-style-type: none"> <li>Gently sniff to draw the medicine in without snorting, repeat for the other nostril</li> </ul>
Triamcinolone	<ul style="list-style-type: none"> <li>surgery, or trauma due to impaired wound healing</li> </ul>	<ul style="list-style-type: none"> <li>Crusting or sores inside your nose.</li> </ul>	<ul style="list-style-type: none"> <li>Gently sniff to draw the medicine in without snorting, repeat for the other nostril</li> </ul>	
	<ul style="list-style-type: none"> <li>in those with a history of increased eye pressure, glaucoma, or cataracts due to potential for new or worsening ocular issues</li> </ul>	<ul style="list-style-type: none"> <li>White patches in the mouth or nose: (signs of thrush).</li> <li>Severe or persistent headache</li> </ul>	<ul style="list-style-type: none"> <li>Avoid</li> </ul>	

			<p>he, trouble breathin g, or chest tightnes s</p> <p><b>Most common side effects:</b></p> <ul style="list-style-type: none"> <li>• Increased eye pressure</li> <li>• Adrenal gland suppression</li> <li>• Nasal septal perforation</li> </ul>	<p>blowing your nose for 10 minutes</p>
<b>Mast cell stabilizer nasal spray</b>	Cromolyn	<p><b>Used to treat:</b></p> <ul style="list-style-type: none"> <li>• used to prevent and relieve nasal allergies</li> <li>• Sneezing, runny nose, itchy nose, stuffy nose</li> </ul> <hr/> <p><b>Contraindications:</b></p> <ul style="list-style-type: none"> <li>• Hypersensitivity</li> </ul> <p><b>Use with caution:</b></p> <ul style="list-style-type: none"> <li>• Hypersensitivity</li> </ul>	<p><b>Severe adverse effects:</b></p> <ul style="list-style-type: none"> <li>• anaphylaxis</li> <li>• worsening of symptoms</li> <li>• persistent nose bleeds or pain</li> </ul> <p><b>Most common</b></p>	<p><b>Assess/Monitor</b></p> <ul style="list-style-type: none"> <li>• Symptom tracking</li> <li>• Consistent use</li> <li>• Proper technique</li> </ul> <p><b>Patient Education</b></p> <ul style="list-style-type: none"> <li>• Contact HCP if you have wheezing</li> </ul>

		<ul style="list-style-type: none"> <li>• Liver or kidney disease</li> <li>• Severe nasal congestion</li> <li>• Pregnancy and breastfeeding</li> <li>• Fever or infection</li> <li>• Wheezing or asthma</li> </ul>	<b>side effects:</b> <ul style="list-style-type: none"> <li>• Brief stinging or burning</li> <li>• Sneezing</li> <li>• Headache</li> <li>• Unpleasant taste</li> <li>• Dryness or irritation</li> <li>• Cough</li> </ul>	<ul style="list-style-type: none"> <li>• or trouble breathing.</li> <li>• Contact HCP if you have swelling of face lips or tongue</li> <li>• It will take 1-2 weeks for symptoms to improve</li> </ul>
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<b>Leukotriene receptor antagonist and inhibitors</b>  (LTRAs)	<b>antagonist</b> <ul style="list-style-type: none"> <li>• Montelukast: (Singular brand name)</li> <li>• Zafirlukast: (Accolate brand name)</li> </ul>	<b>Used to treat:</b> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Allergies</li> </ul>	<b>Severe adverse effects:</b> <ul style="list-style-type: none"> <li>• Mood and behavior changes.</li> <li>• Sleep disturbances.</li> <li>• Cognitive effects</li> <li>• Suicidality</li> <li>• Severe or persistent headache, trouble breathing, or chest tightness</li> </ul>	<b>Assess/Monitor</b> <ul style="list-style-type: none"> <li>• Liver function</li> <li>• Mental health</li> <li>• Drug history</li> <li>• Asthma history</li> </ul>
	<b>inhibitors</b> <ul style="list-style-type: none"> <li>• Zileuton (zyflo)</li> </ul>	<b>Contraindications:</b> <ul style="list-style-type: none"> <li>• Hypersensitivity</li> <li>• Severe asthma</li> </ul> <b>Use with caution:</b> <ul style="list-style-type: none"> <li>• Hepatic impairment</li> <li>• Active suicidal ideation</li> </ul>		

				for acute asthma attacks
<b>Anticholinergic Nasal spray</b>	Ipratropium bromide (Atrovent)	<p><b>Used to treat:</b></p> <ul style="list-style-type: none"> <li>Allergic rhinitis</li> <li>Non-allergic rhinitis</li> <li>Common cold</li> </ul> <hr/> <p><b>Contraindications:</b></p> <ul style="list-style-type: none"> <li>Hypersensitivity</li> <li>Kidney or liver disease</li> </ul> <p><b>Use with caution:</b></p> <ul style="list-style-type: none"> <li>Kidney or liver disease</li> <li>Glaucoma</li> <li>Prostate and bladder issues</li> </ul>	<p><b>Severe adverse effects:</b></p> <ul style="list-style-type: none"> <li>Worsing glaucoma</li> <li>Accidental spraying in eyes</li> <li>Irregular or rapid heartbeat</li> <li>Chest tightness</li> <li>Bronchospasm</li> <li>Dizziness/confusion</li> <li>Urinary retention</li> </ul> <p><b>Most common side effects:</b></p> <ul style="list-style-type: none"> <li>Epistaxis</li> <li>Nasal irritation and dryness</li> </ul>	<p><b>Assess/Monitor</b></p> <ul style="list-style-type: none"> <li>Visual changes</li> <li>Nasal irritation</li> <li>Proper technique</li> </ul> <p><b>Patient Education</b></p> <ul style="list-style-type: none"> <li>Contact HCP if you have excessive nasal bleeding or irritation</li> <li>Contact HCP</li> </ul>

			<ul style="list-style-type: none"> <li>• URI</li> <li>• Sore throat</li> <li>• Dry mouth</li> <li>• Headache</li> <li>• GI upset</li> </ul>	<p>if you have visual changes</p> <ul style="list-style-type: none"> <li>• Avoid spraying in eyes</li> </ul>
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<b>Antihistamines</b>  <b>First-generation agents (oral)</b>	<ul style="list-style-type: none"> <li>• Brompheniramine</li> <li>• Chlorpheniramine (chlor-Trimeton)</li> <li>• Clemastine</li> <li>• Dexchlorpheniramine</li> <li>• Diphenhydramine</li> <li>• Levocetirizine (Xyzal)</li> </ul>	<b>Used to treat:</b> <ul style="list-style-type: none"> <li>• Allergy symptoms</li> <li>• Motion sickness</li> <li>• Insomnia</li> </ul>	<b>Severe adverse effects:</b> <ul style="list-style-type: none"> <li>• Mucous thickening in airways</li> <li>• Dry eyes and dry mouth</li> <li>• Blurred vision</li> <li>• Low blood pressure</li> </ul>	<b>Assess/Monitor</b> <ul style="list-style-type: none"> <li>• sedation</li> <li>• drowsiness</li> <li>• impaired cognition</li> <li>• dry mouth</li> <li>• urinary retention</li> </ul>
		<b>Contraindications:</b> <ul style="list-style-type: none"> <li>• Hypersensitivity</li> <li>• Angle-closure glaucoma</li> <li>• Urinary retention</li> </ul>		

		<p>conditions</p> <ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Dryness in nose and throat</li> <li>• Drowsiness</li> <li>• impaired coordination</li> </ul>	<p>habits or bladder habits.</p> <ul style="list-style-type: none"> <li>• Avoid alcohol</li> <li>• Do not operate machinery or drive until you know how medication affects you</li> <li>• Not to be used for acute asthma attacks</li> </ul>
<p><b>Antihistamines</b></p> <p><b>Second-Generation Agents</b></p> <p>(Oral)</p>	<p>Loratadine (Claritin)</p> <p>Cetirizine (Zyrtec)</p> <p>Fexofenadine (Allerga)</p> <p>Desloratadine (Clarinex)</p> <p>Levocetirizine (Zyal)</p>	<p><b>Used to treat:</b></p> <ul style="list-style-type: none"> <li>• Acute symptoms of allergic response</li> <li>• Itching</li> <li>• Sneezing</li> <li>• Rhinorrhea</li> </ul> <p>_____</p> <p>_____</p> <p><b>Contraindications:</b></p> <ul style="list-style-type: none"> <li>• Hypersensitivity</li> </ul>	<p><b>Severe adverse effects:</b></p> <ul style="list-style-type: none"> <li>• Overdose of drug (extreme drowsiness, confusion and seizures)</li> </ul>	<p><b>Assess/Monitor</b></p> <ul style="list-style-type: none"> <li>• Overdose of drug (extreme drowsiness, confusion and seizures)</li> </ul> <p><b>Patient Education</b></p> <ul style="list-style-type: none"> <li>• Expect few, if</li> </ul>

		<b>Use with caution:</b> <ul style="list-style-type: none"> <li>Kidney or liver disease</li> </ul>	drug interactions  <b>Most common side effects:</b> <ul style="list-style-type: none"> <li>Headache</li> <li>Nausea</li> <li>fatigue</li> </ul>	any side effects <ul style="list-style-type: none"> <li>More expensive than traditional antihistamines</li> <li>Rapid onset of action, ok for prolonged use</li> </ul>
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<b>Second-Generation agents (intranasal)</b>	Azelastine (Astelin)  Olopatadine (Patanase)	<b>Used to treat:</b> <ul style="list-style-type: none"> <li>Acute symptoms of allergic response</li> <li>Itching</li> <li>Sneezing</li> <li>Rhinorrhea</li> </ul>	<b>Severe adverse effects:</b> <ul style="list-style-type: none"> <li>Nasal irritation</li> <li>Bitter aftertaste</li> <li>Headache</li> <li>epistaxis</li> </ul>	<b>Assess/Monitor</b> <ul style="list-style-type: none"> <li>Rebound vasodilation, which can increase congestion with prolonged use</li> </ul>
		<b>Contraindications:</b> <ul style="list-style-type: none"> <li>Hypersensitivity</li> </ul> <b>Use with caution:</b> <ul style="list-style-type: none"> <li>Additive CNS depression</li> <li>Impairment of mental and motor skills</li> <li>Nasal irritation or</li> </ul>	<b>Most common side effects:</b> <ul style="list-style-type: none"> <li>Nasal irritation</li> <li>Bitter aftertaste</li> <li>Headache</li> </ul>	<b>Patient Education</b> <ul style="list-style-type: none"> <li>Correct administration techniques</li> <li>Proper position of head</li> </ul>

		<p>damage</p> <ul style="list-style-type: none"> <li>• Impaired healing</li> </ul>	<ul style="list-style-type: none"> <li>• Epistaxis</li> <li>• Sedation</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid spraying nasal septum</li> <li>• Blowing nose first</li> </ul>
<p><b>Decongestants</b> <b>(Oral)</b></p>	<p>Pseudoephedrine (Sudafed)</p>	<p><b>Used to treat:</b></p> <ul style="list-style-type: none"> <li>• Nasal and sinus congestion</li> <li>• Common cold</li> <li>• Allergies</li> <li>• Hay fever</li> <li>• _____</li> </ul> <p><b>Contraindications:</b></p> <ul style="list-style-type: none"> <li>• Heart and blood vessel conditions</li> <li>• Thyroid disease</li> <li>• Diabetes</li> <li>• Glaucoma</li> <li>• Enlarged prostate</li> <li>• Monoamine oxidase inhibitors</li> <li>• Pregnancy or breastfeeding</li> </ul> <p><b>Use with caution:</b></p> <ul style="list-style-type: none"> <li>• Should not take other stimulates</li> </ul>	<p><b>Severe adverse effects:</b></p> <ul style="list-style-type: none"> <li>• Swelling of the face or throat</li> <li>• Severe dizziness</li> <li>• Trouble breathing</li> <li>• Confusion</li> <li>• Hallucinations</li> <li>• Seizure</li> <li>• Severe headache</li> <li>• Hypertension</li> </ul> <p><b>Most common side effects:</b></p> <ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Anxiety</li> <li>• Restlessness</li> </ul>	<p><b>Assess/Monitor</b></p> <ul style="list-style-type: none"> <li>• Nasal, sinus, eustachian tube congestion</li> <li>• Blood pressure and pulse</li> <li>• Lung sounds</li> <li>• Bronchial secretions</li> </ul> <p><b>Patient Education</b></p> <ul style="list-style-type: none"> <li>• Take with a full glass of water</li> <li>• Do not take for more than 7 days in a row</li> <li>• Follow package directions</li> </ul>

		<ul style="list-style-type: none"> <li>Hypertension</li> </ul>	<ul style="list-style-type: none"> <li>Dry mouth</li> <li>Headache</li> <li>Tremor</li> <li>Nausea</li> </ul>	
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Decongestants  Topical (Nasal spray)	Oxymetazoline	<b>Used to treat:</b> <ul style="list-style-type: none"> <li>Temporary relief of nasal congestion</li> </ul>	<b>Severe adverse effects:</b> <ul style="list-style-type: none"> <li>Severe rebound congestion</li> </ul>	<b>Assess/Monitor</b> <ul style="list-style-type: none"> <li>Adherence to dosage</li> <li>Duration of treatment</li> <li>Symptom relief</li> <li>Local adverse effects</li> </ul>
	Phenylephrine	<b>Contraindications:</b> <ul style="list-style-type: none"> <li>Hypersensitivity</li> <li>Using more than 3 days</li> </ul> <b>Use with caution:</b> <ul style="list-style-type: none"> <li>Hypertension</li> <li>Thyroid disease</li> <li>Diabetes</li> <li>Enlarged prostate or trouble breathing</li> </ul>	<b>Most common side effects:</b> <ul style="list-style-type: none"> <li>Dizziness</li> <li>Insomnia</li> <li>Palpitations</li> <li>Nasal irritation</li> <li>Chest pain or discomfort</li> <li>Blurred vision</li> <li>Anxiety</li> <li>Worsening symptoms</li> <li>Increase in nasal</li> </ul>	<b>Patient Education</b> <ul style="list-style-type: none"> <li>Blow your nose before using</li> <li>Prime the pump</li> <li>Position correctly</li> <li>Spray and</li> </ul>

			congestion <ul style="list-style-type: none"><li>• Hypertension</li></ul>	sniff <ul style="list-style-type: none"><li>• Sipe the nozzle</li><li>• Do not share</li><li>• <b>STRICT 3-DAY RULE</b></li></ul>
				<ul style="list-style-type: none"><li>•</li></ul>