

# WALTER ROAD EAST GENERAL PRACTITIONERS

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## NASAL MEASURES

**Buffered Saline:** “Fess” spray is useful for mild obstruction, relief of sneezing and as an adjunct to hayfever measures. It is not a medication as such but moistens the lining of the nose to help it function normally. It can be used up to every hour.

The bottle has a non-refluxing valve to prevent re-infection and can be refilled with home-made saline/bicarbonate solution containing :

1 litre of water

2 heaped teaspoons of salt

1 heaped teaspoon of bicarbonate (baking powder)

The solution must be replaced weekly.

### **NO SNIFFING!! BLOW YOUR NOSE!!**

**Nasal Decongestants:** For acute nasal obstruction use “Sinex”, “Otrivin”, or similar for Adults OR “Otrivin Junior” for kids up to twice a day. Use this type of spray for **no more than 4-5 days at a time** to avoid damaging the lining of the nose

**Loosening mucus and phlegm:** Simple measures include steam eg. steamy bathroom or vapouriser (breathing over a hot water is not recommended due to risk of scalds to the nasal mucosa). Garlic and horseradish or spicy foods can loosen phlegm. Pharmaceutical expectorants include bromhexine (Bisolvon) or guaphenisin (less evidence of effectiveness)

**Antihistamines** are appropriate for occasional use on their own or to help the hayfever sprays get started (7-10 days). In general use the non-drowsy, newer types such as Claratyne, Zyrtec or Telfast. Older agents tend to be drying, sedating or stimulating. There are also antihistamine sprays (Azep, Livostin) which act just in the nose.

**Watery Noses:** Watery/sneezy noses (and sinus pressure headache) are about the only situation where decongestant tablets are appropriate. Pseudoephedrine for runny noses (eg Sudafed – can impair sleep); anti histamines for runniness and itch (eg polaramine - sedating); Demazine is a mix of Pseudoephedrine and anti-histamine. Use very sparingly to avoid over drying

**Hay fever Sprays (anti-inflammatory steroid sprays):** Where there is an element of rhinitis (eg hayfever, dust allergy), “Nasonex”, “Beconase 24 hour” or “Rhinocort hayfever” twice a day will slowly relieve itch, shrink the nose and open the nasal passages over several weeks. Use with a non-drowsy antihistamine initially once nose improving use spray alone until nose is “perfect” for at least a week before stopping.