



ALLERGY TREATMENT RECOMMENDATIONS

OVER-THE-COUNTER ORAL ANTIHISTAMINE TABLETS:

☐ **Claritin (loratadine)**

☐ Take 1 tablet every 24 hours

OR

☐ **Zyrtec (cetirizine)**

☐ Take 1 tablet every 24 hours

OR

☐ **Allegra (fexofenadine)**

☐ Take 1 tablet every 24 hours

**Take for at least 4 consecutive days for best results.*

***We generally avoid "D" products as they can affect blood pressure.*

NASAL SALINE RINSES:

☐ **NeilMed Sinus Rinse—squeeze bottle with distilled or sterilized water**

☐ 2-3 squirts in each nostril, 1-3 times a day

You can make the squeeze bottle solution with 1 teaspoon of salt and 1 teaspoon of baking soda in 1 quart or more of sterilized water.

OR

☐ **Xlear Saline Nasal Spray OR Ocean Saline Nasal Spray OR Generic Saline (Nasal)**

☐ 2-4 sprays in each nostril 1-3 times a day

NASAL SPRAYS:

☐ **Flonase (fluticasone)**

☐ 1-2 sprays in each nostril every 24 hours

☐ **Astelin (azelastine) (*prescription only)**

☐ 1 spray in each nostril 1-2 times per day

**Common allergens include pollen, dust mites and mold, but there are numerous other things people can be allergic to. Sometimes common household items cause allergies to flare up, such as carpeting, rugs, drapery, pillow stuffing, unused closet items and old magazines/newspapers/books. It is important to remove such items to see what might be causing your symptoms.*

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