

+ ARIA Guidelines



Mild
Intermittent

- Allergy avoidance
- Saline douche
- Oral Antihistamine

Moderate
Severe
intermittent

- Nasal steroid spray eg Nasonex, flixonase, avamys
- Topical antihistamine eg azelastine
- Pt compliance or as 2nd line - Dymista*

Mild
Persistent

- Nasal steroid drops eg Flixonase nasules
- Sodium cromoglycate (mast cell stabiliser) eg cromolyn
- Pt compliance or as 2nd line - Dymista*

Moderate
severe
persistent

- Short course oral steroids
- Montelukast (especially asthma patients)
- Consider ref for immunotherapy eg Grasax