

Nasal Steroid Sprays (Nasonex, Omnaris, Avamys)

What Are They?

These sprays help reduce swelling inside your nose. Your doctor will help you choose a spray and dose. They can help with:

- Allergic rhinitis (hay fever)
- Chronic nasal congestion
- Sinus pressure and post-nasal drip
- Nasal swelling and nasal polyps

Safety:

- Generally safe for long-term use when used as directed.
- Most of the medicine acts inside the nose, and only a small amount enters the bloodstream.
- For children, the right spray and dose depend on their age and nose problem. Follow your doctor's advice and the label.
- Can be used daily for chronic nasal conditions like **allergies** and **nasal congestion**.
- These sprays do not make your nose more blocked when they wear off. They may cause dryness, stinging or nosebleeds. Rarely, sores or a hole can form in the wall between your nostrils.

Common Side Effects:

- Mild nasal irritation or burning sensation.
- Dryness or mild nosebleeds (better if aiming spray **away from the septum (the wall between the nostrils)**). Applying nasal gel or **NOZOIL OTC** in the nostrils can help prevent dryness
- Sneezing after application.
- Mild unpleasant taste or throat irritation.

Tips for Use:

- Use regularly for best results—Some improvement may be noticed in 1-2 weeks but full benefit often takes 4-6 weeks
- Aim the nozzle slightly away from the middle wall of the nose (nasal septum).
- If you use a salt-water rinse, use it before the spray. Use water marked “distilled” or “sterile,” or tap water that you have boiled and cooled. Follow the steps for cleaning the bottle.
- Budesonide rinses (Pulmicort): Only add this medicine if your doctor tells you to. It is made for use in the lungs. Follow your written plan for the dose, bottle size, how often to rinse and how long to use it. Use the right strength of medicine. Add the salt and use safe water as explained above.
- Gently sniff after spraying. Do not breathe in sharply or forcefully.
- Stop use and contact your provider if you develop persistent nosebleeds, significant pain, or sores that do not heal.

Ryaltris and Dymista have two medicines: a steroid and an allergy medicine called an antihistamine.

Decongestant nasal spray (otrivin, dristan)

- These are powerful over the counter nasal sprays to open the nasal passage
- Using these sprays too long can make your nose more blocked when they wear off. Follow the label. Do not use them for more than 3 days unless your doctor tells you to.
- Use these sprays for short-term relief only. Ask a pharmacist first if you have other health problems or take other medicines.
- Ask your doctor or pharmacist if you can use this with your nasal steroid spray.
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Atrovent nasal Spray (ipratropium)

- This is a prescription spray used for a runny or dripping nose
- It does not improve nasal breathing, only for drying
- Follow your doctor's directions. You may be told to use it each day or only when your nose runs.
- Particularly helpful for non-allergic rhinitis (a runny nose not caused by allergies)