

Confirm diagnosis of allergic rhinitis  
Assess the cause and symptoms

- Non-Pharmacologic Considerations<sup>1</sup>
- Eliminate/minimize triggers (e.g., fungi, pets, dust mites)
  - Keep windows/doors closed
  - HEPA air filtration
  - Control home humidity
  - More frequent bathing of pets

*Note: multiple medications with different mechanisms of action may be necessary*

**Ocular Symptoms<sup>1</sup>**

- Ophthalmic Antihistamine (caution in narrow angle glaucoma)<sup>2</sup>
  - Over-the-Counter Agents*
    - Ketotifen: 1 drop every 8-12 hours
    - Naphazoline HCl/Antazoline (0.05%/0.5%): 1-2 drops 3-4 times/day for no more than 72 hours
    - Naphazoline HCl/Pheniramine maleate (0.025%/0.3%): 1-2 drops 3-4 times/day for no more than 72 hours
  - Prescription Agents*
    - Azelastine HCl: 1 drop 2 times/day
    - Emedastine difumarate: 1 drop up to 4 times/day
    - Epinastine HCl: 1 drop 2 times/day (continue during exposure, even if asymptomatic)
    - Olopatadine HCl
      - 0.1%: 1-2 drops 2 times/day
      - 0.2%: 1 drop/day
- Ophthalmic Mast Cell Stabilizer
  - Cromolyn: 1-2 drops 4-6 times/day

**Ocular + Nasal Symptoms<sup>1, 2</sup>**

- Nasal Saline Irrigation System
- Ophthalmic Antihistamine (see above)
- Nasal Corticosteroid
  - Budesonide: Start with 1 spray/nostril/day (Max 4 sprays/nostril/day)
  - Flunisolide: Start with 2 sprays/nostril 2 times/day (Max 8 sprays/nostril/day)
  - Fluticasone: Start with 2 sprays/nostril/day (Max 3 sprays/nostril/day)
  - Mometasone: Start with 2 sprays/nostril/day (Max 3 sprays/nostril/day)
  - Triamcinolone: Start with 2 sprays/nostril/day (Max 4 sprays/nostril/day)

**Multiple Symptoms<sup>1</sup>**

- Ophthalmic Antihistamine (see above)
- Nasal Corticosteroid (see above)
- **Oral Antihistamine (renal adjustment may be necessary)**
  - Over the Counter Agents*
    - Cetirizine 5-10mg/day
    - Loratadine 5-10mg/day
  - Prescription Agents*
    - Desloratadine 5mg/day
    - Fexofenadine 60-180mg/day
    - Levocetirizine 5mg/day

If no improvement after 3 to 4 weeks of adherence, consider allergy consult<sup>3</sup>

1. Wallace D, Dykewics M. The diagnosis and management of rhinitis: an updated practice parameter. *J Allergy Clin Immunology*. 2008 Aug;122:S9-84.  
2. Lacy C, Armstrong L, Goldman M, Lance L. Drug information handbook. Lexi-Comp Inc. 2008.  
3. Ruben DB, Herr KA, Pacala JT, et al. Geriatrics at your fingertips: Respiratory diseases. *Am Geriatrics Society*. 2009: 201-6.