🌼 Hay Fever – Simple Advice That Works 🌼

White Horse Medical Practice – Patient Information

What is hay fever?

Hay fever is a common allergy to pollen. Symptoms can be mild or severe, but most people feel much better with the right treatment.

Typical symptoms include:

- Sneezing
- Runny or blocked nose
- Itchy, watery eyes

✅ **Good news:** most people can control symptoms well **without needing to see a GP**.

✅ Best Treatment: Nasal Sprays

Nasal sprays are **more effective than tablets**, especially for blocked noses.

Which spray should I use?

- **Mild or occasional symptoms**
  - Antihistamine nasal spray (fast relief)
  - e.g. *azelastine (Rhinolast)*
- **Regular or more severe symptoms**
  - Steroid nasal spray (most effective overall)
  - e.g. *mometasone (Nasonex), fluticasone (Flixonase, Pirinase)*

💡 **Top tip:** Start steroid sprays **2 weeks before symptoms usually begin** (often early spring).

⬆️ If Symptoms Continue

- Try a **combination spray** (steroid + antihistamine), e.g. *Dymista*
- **Check spray technique** – correct use makes a big difference – Demo link below.

Allergy Care Pathway Itchy Sneezy Wheezy Project - Rhinitis Videos



💊 What About Tablets?

Antihistamine tablets:

- Help with **sneezing and itchy eyes**
- Are **less effective for blocked noses**
- Work best **alongside a nasal spray**, not instead of one
    - e.g. *cetirizine, fexofenadine, loratadine*

👀 Eye Symptoms

For itchy or watery eyes:

- Use antihistamine **eye drops**
    - e.g. *olopatadine (Opatanol), azelastine (Optilast)*

🛒 Where to Get Treatment

- Most treatments are available **from pharmacies without a prescription**
- Pharmacists can advise on what to choose

🌿 Simple Self-Care Tips

- Check pollen forecasts
- Keep windows closed on high-pollen days
- Shower and change clothes after being outside
- Wear sunglasses outdoors

🚩 When to Seek Help

Speak to a GP or pharmacist if:

- Symptoms are not improving
- Hay fever affects sleep or daily life
- Asthma is getting worse
- Advice is needed for children or during pregnancy

👍 Key Messages

✓ Start with a **nasal spray (not tablets)**
✓ **Start early** for best results
✓ Ask your **pharmacist** if unsure