

HAYFEVER (Allergic Rhinitis)

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

7.2

MEDICATION

To reduce the body's allergic response, you may be prescribed: Antihistamines; decongestants; cortisone nasal spray; eye drops; cortisone tablets (severe cases only); cromolyn nasal spray; cromolyn nose drops. These medications relieve symptoms, but they don't cure hay fever. Desensitization injections for known allergens for severe or year-round cases may be recommended. Once allergens are known (through skin or blood tests), small amounts are injected periodically. This helps block the immune system from releasing the histamine. This process may take months or years for effective results. Over-the-counter antihistamines and decongestants are sometimes effective.

ACTIVITY & DIET

No restrictions, except avoid allergens that cause symptoms. Avoid foods that cause allergic reactions.

NOTIFY OUR OFFICE IF...

- You have severe symptoms of hay fever that are interfering with your normal activities.
- Signs of infection, such as fever, headache, muscle aches, or thick, discolored nasal discharge, appear. A sinus infection may be complicating the allergy.
- New, unexplained symptoms develop. Drugs in treatment may produce side effects.

Student Health Center



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