

PATIENT GUIDE

YOUR ALLERGY MANAGEMENT PLAN



AN EASY GUIDE TO HELP YOU TAKE CHARGE OF ALLERGIES

WHAT IS ALLERGIC RHINITIS*?

We might not always be able to see them, but allergens are all around us. For some of us, allergens such as pollens (from trees, grass and weeds), can cause hayfever, also known as seasonal allergic rhinitis. Other household allergens like dust mites, pet dander and mould, can also cause allergies known as perennial allergic rhinitis, which are not necessarily seasonal in nature. Allergic rhinitis occurs when your immune system overreacts to these allergens, releasing a chemical called histamine, which causes various symptoms.

Symptoms

Allergy symptoms are nothing to sneeze at. They can be quite troublesome and even affect your quality of life. They include:



SNEEZING



BLOCKED NOSE



ITCHY NOSE



RUNNY NOSE



ITCHY, WATERY EYES

TAKE CHARGE OF YOUR ALLERGIES

Manage triggers in your environment

When inside:

- Minimise mould by regularly cleaning bathrooms and other damp areas.
- Dust with a damp cloth each week and vacuum carpets frequently.
- Keep pets off upholstered furniture and out of the bedroom, bath them frequently, choose low-pile carpets and steam clean regularly.

When outside:

- Avoid going outdoors when the pollen count is high. If you do go outside, shower as soon as possible.
- Don't hang clothes to dry outside.

Daily prevention and relief

Managing your allergic rhinitis starts with identifying the allergens causing your symptoms. Based on the severity and frequency of your symptoms, medications, such as intranasal corticosteroid (INCS) sprays like RHINOCORT®, can help you get the relief you need to charge on with your day.

YOUR ALLERGY MANAGEMENT PLAN

PATIENT DETAILS

Patient name:	Date:
Plan prepared by:	Signed:

ALLERGEN MINIMISATION

- Minimising exposure to confirmed allergen/s may assist to reduce symptoms in some people. For information go to www.allergy.org.au/patients/allergy-treatment/allergen-minimisation.

MEDICATIONS

- Intranasal corticosteroid (INCS) spray,*** such as RHINOCORT®

___ times/day/nostril **FOR** ___ weeks **OR** ___ months **OR** continuous

Additional Instructions:

*It is important to use these sprays correctly – see over for directions for use. Onset of benefit may take 2–3 days, so these sprays must be used regularly and do not have to be stopped every few weeks. If significant pain or bleeding occurs, contact your doctor. Some treatments mentioned above require a prescription.

Antihistamine Spray **OR** Tablet Dose:

Additional Instructions:

Saline nasal Spray **OR** Irrigation Dose:

Additional Instructions:

Decongestant Spray **OR** Tablet Dose:

Additional Instructions:

Other medications Dose:

Additional Instructions:

ALLERGEN IMMUNOTHERAPY

If allergen immunotherapy has been initiated by a clinical immunology/allergy specialist, it is important to follow the treatment as prescribed. Contact your doctor if you have any questions or concerns. For information go to www.allergy.org.au/patients/allergy-treatment/immunotherapy.

WHY USE RHINOCORT® FOR ALLERGIC RHINITIS?

#1

INCS nasal sprays are the first recommended treatment for moderate to severe allergic rhinitis symptoms, as well as mild allergic rhinitis – if symptoms persist for more than 4 days a week or 4 weeks a year.^{1,2}



Relieves allergy and hayfever symptoms: Sneezing, blocked nose, runny nose, itchy nose



24-hour relief



No bitter taste: Free from the preservative benzalkonium chloride



Non-drowsy



Low post nasal drip: Low spray volume that stays where it's sprayed



Gentle on the nose: Alcohol-free



Flexible dosing: Potential to reduce the number of sprays per nostril once symptoms improve



Low irritability: Scent-free



Consult your doctor or pharmacist for advice on how to take charge of allergies.

HOW TO USE RHINOCORT® SPRAY

Correct use of RHINOCORT® spray

1

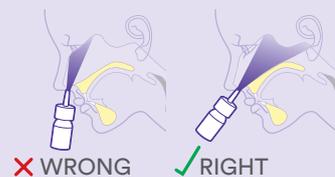
Gently blow your nose to clear your nostrils.

2

Shake the bottle well and remove the protective cap.

3

Hold the bottle firmly and insert the spray tip into one nostril. Close the other nostril with your finger and tilt your head slightly back. **The nozzle should be pointed towards the upper part of the nasal cavity.**



4

To spray, press down firmly on the nozzle, whilst gently breathing in through the nostril. Repeat to required dose.

5

Repeat steps 3–4 in other nostril. Remember to wipe the tip clean with a clean tissue before re-capping, and store upright.

Tips for using RHINOCORT® spray

- Don't forget to prime your spray
- Avoid skipping doses
- Make sure your head is in the correct position
- Avoid pushing the nozzle too hard or far into the nose
- Don't blow your nose hard after spraying as the medicine may be lost
- Try not to sniff hard during or after spraying as the medicine may deposit in the throat instead of the nose
- Avoid using saline sprays or irrigations to wash out your nose after using corticosteroid spray – use before instead

* Perennial allergic rhinitis treatment for adults 18 years and over.

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

FREQUENTLY ASKED QUESTIONS ABOUT RHINOCORT®



Q What is an intranasal corticosteroid (INCS)?

A An INCS is an anti-inflammatory medication used to treat moderate to severe allergic rhinitis (hayfever) symptoms.

Q What is RHINOCORT®?

A RHINOCORT® is a type of INCS spray that provides 24-hour relief and prevention of allergic rhinitis (hayfever) symptoms such as sneezing, blocked, runny or itchy nose.

Q How is RHINOCORT® administered?

A RHINOCORT® is delivered locally to the nose through a metered dose device. See the following page for instructions on correct use.

Q How often do I need to use RHINOCORT®?

A As with all INCS sprays, daily use is recommended for optimal symptom control.

Q How long will it take for RHINOCORT® to relieve my symptoms? What can I do in the meantime?

A Allow 2–3 days to achieve the full effect of RHINOCORT®. In the meantime, antihistamines may offer immediate relief. Consult your doctor or pharmacist before use.

Q When can I reduce the dose of RHINOCORT®?

A Once your symptoms are under control, the dose of RHINOCORT® can be lowered. Consult your doctor or pharmacist for advice on dosing.

Q Does RHINOCORT® have a bad taste or smell?

A Unlike some other INCS sprays, RHINOCORT® has no bitter taste and is scent-free.

Q My child is under 12. What medication can they take for their allergies/hayfever?

A Consult your child's doctor or pharmacist for advice on a recommended solution.

**For more information, please call the
Johnson & Johnson Customer Care Line 1800 029 979**

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References: 1. Australasian Society of Clinical Immunology and Allergy (ASCIA). Allergic Rhinitis Clinical Update 2017. Available at: https://www.allergy.org.au/images/stories/pospapers/ar/ASCIA_HP_Clinical_Update_Allergic_Rhinitis_2017.pdf Accessed May 2019. 2. Scadding GK, et al. *Clin Exp Allergy* 2017;47:856–889.

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Rhinocort
HAYFEVER®