



Hay Fever Treatment Update

March 2018

ORAL ANTIHISTAMINES

Most of the commonly used antihistamines e.g. loratadine, cetirizine, acrivastine & chlorphenamine are available "Over The Counter" (OTC) and are inexpensive. If it is appropriate to prescribe an oral antihistamine tablet then **loratadine & cetirizine TABLETS** are the CCG formulary choices.

Drug	Usual Adult Dose	Cost / 30 days	Notes
Loratadine*	10mg OD	65p	Rx GENERIC
Cetirizine TABS*	10mg OD	73p	Rx GENERIC
Desloratadine	5mg OD	£1.00	Rx GENERIC
Fexofenadine	120mg OD	£1.53	Rx GENERIC
Chlorphenamine*	4mg QDS	£3.04	Rx GENERIC
Promethazine*	10-20mg BD-TDS	£3.17-£9.51	Rx GENERIC
Levocetirizine	5mg OD	£4.37	Double Red
Mizolastine m/r (Mizollen®)	10mg OD	£6.92	Double Red
Clemastine (Tavegil®)	1mg BD to 6mg OD	£6.05-£18.15	Double Red
Ketotifen (Zaditen®)	1-2mg BD	£7.53-£15.06	Double Red
Loratadine oral lyophilisates* (Claritin Rapide Allergy®)	10mg OD	£9.72	Double Red
Bilastine (Ilasten®)	20mg OD	£15.09	Double Red
Cyproheptadine* (Periactin®)	4mg TDS	£17.97	Double Red
Acrivastine* (Benadryl® Allergy Relief)	8mg TDS	£20.44	Double Red

LIQUID PREPARATIONS

If a liquid is needed for young children, **cetirizine oral solution** (first choice) and loratadine syrup are options. Both are licensed for use in children from 2 years upwards. (Note: more expensive than tablets).

Drug	Dose range for children According to age/wt	Cost / 200mL	Notes
Cetirizine* 5mg / 5mL	2.5 – 5mg BD	£1.12	Rx GENERIC
Loratadine* 5mg / 5mL	5 -10mg OD	£2.90	Rx GENERIC
Levocetirizine (Xyzal®) 2.5mg / 5mL	1.25mg BD – 5mg OD	£6.00	Double Red
Desloratadine (Neoclaritin®) 2.5mg / 5mL	1.25 – 2.5mg OD	£13.53	Double Red

(*) = OTC versions available, but often as different brand names and/or smaller pack sizes. See BNF for more details (Prices are based on Feb 18 Drug Tariff and C&D).

ANTI-INFLAMMATORY EYE DROPS

Like other preparations, many eye drops for ocular symptoms of hay fever are available OTC at less than the charge for a prescription. Sodium cromoglicate 2% eye drops are now £6.71 for 13.5mL when prescribed generically. If a prescription is needed it is more cost-effective if prescribed as Pollenase® Allergy 2% eye drops (£2.40 for 10mL). They should be prescribed as a QDS dose. Nedocromil has the advantage of 'BD' dosing and is £2.86 for 5mL.

NASAL PREPARATIONS

Generically prescribed **Mometasone** is the formulary choice of nasal spray and has the advantage of OD dosing.

Beclometasone nasal spray (200 dose) is also cost-effective and should be prescribed generically (£2.51), rather than as the Beconase® brand (£2.63).

Please ensure the script specifies "200 dose" rather than 180 dose or "OP" to avoid the "Hayfever" OTC version being dispensed. This is nearly three times the cost of the 200 dose pack prescribed generically.

Drug	Adult Dose to each nostril	Approx cost / 28 days	Notes
Mometasone (GENERIC)	2-4 puffs OD reducing to 1 puff OD	£0.66 - £2.64	£1.65 / OP (140 doses)
Beclometasone 50mcg* (GENERIC)	2 puffs BD reducing to 1 puff BD	£1.41-£2.81	See note above '200' £2.51 '180' £7.11
Budesonide 64mcg (Rhinocort Aqua)	2 puffs OM reducing to 1 puff OD	£2.23 - £4.45	£4.77 / OP (120 doses)
Fluticasone furoate (Avamys®)	2 puffs OD reducing to 1 puff OD	£3.01-£6.01	£6.44 / OP (120 doses)
Ipratropium (Rinotec®)	2 puffs BD - TDS	£8.14-£12.21	£6.54 / OP (180 doses)
Triamcinolone* (Nasacort®)	2 puffs OD reducing to 1 puff OD	£3.45 - £6.90	£7.39 / OP (120 doses)
Fluticasone* (Flixonase®)	2 puffs OD – BD reducing to 1 puff OD	£4.11 - £16.44	£11.01 / OP (150 doses)
Fluticasone propionate with azelastine (Dymista®)	1 spray BD	£13.81	£14.80 / OP (120 doses)

CORTICOSTEROIDS

Consider short-term course of oral steroids in patients with severe symptoms or in extenuating circumstances e.g examinations.

Depot Triamcinolone use is NOT recommended.