

## **NASAL STEROIDS**

By J. Allen Meadows, MD

**MEDICATIONS:** Fluticasone (Flonase®), Mometasone (Nasonex®), Triamcinolone (Nasacort® TriNasal®), Budesonide (Rhinocort®), Beclomethasone (Vancenase®, Beconase®), Flunisolide (NasarelTM, Nasalide®)

**ACTION:** Reduces the swelling, inflammation and mucus production to relieve nasal and sinus allergic symptoms. Works only when used routinely, taking 7-10 days to start working, with the maximum effect in about a month. Does not cause the "rebound" seen with over-the-counter nasal sprays, so you can't get "hooked".

**HOW TAKEN:** Nasal spray, liquid or dry spray

**DOSE:** Individualized. Initially, 2 sprays in each nostril 1-4 times per day.

**SIDE EFFECTS:** Irritation, Sneezing, & Burning  
Temporary runny nose, Bloody nose

**SPECIAL INSTRUCTIONS:** 1. Blow your nose before using this medication to be sure nasal passages are clear, or if directed by your doctor, do a nasal wash first.  
2. To prevent irritation of the nasal septum and bleeding, rotate the direction of the nasal spray away from the septum. (bone/cartilage in middle of nose). If nose bleed occurs, stop using the medication for 3 days (only on the side that bleeds), then resume the routine dose.

The dose may be doubled for up to two weeks at a time when symptoms are more severe, due to allergy OR a cold.