

RHINITIS & NASAL CONGESTION TREATMENTS (Part 1 of 2)

Generic	Brand	Strength	Usual Dose
ANTICHOLINERGIC			
ipratropium bromide ¹	—	Rx 21mcg/spray	<6yrs: Not recommended. ≥6yrs: 2 sprays in each nostril 2–3 times daily.
	—	Rx 42mcg/spray	<5yrs: Not recommended. 5–11yrs: 2 sprays in each nostril 3 times daily. ≥12yrs: 2 sprays in each nostril 3–4 times daily.
ANTIHISTAMINE			
azelastine HCl	—	Rx 137mcg/spray	<i>Seasonal allergic rhinitis:</i> <5yrs: Not established. 5–11yrs: 1 spray per nostril twice daily. ≥12yrs: 1–2 sprays per nostril twice daily. <i>Vasomotor rhinitis:</i> <11yrs: Not established. ≥12yrs: 2 sprays per nostril twice daily.
	Astepro Allergy¹ Children's Astepro Allergy¹	OTC 205.5mcg/spray	<i>Seasonal allergic rhinitis:</i> <6yrs: Not recommended. 6–11yrs: 1 spray per nostril every 12hrs; max 2 sprays per nostril per 24hrs. ≥12yrs: 1–2 sprays per nostril every 12hrs or 2 sprays per nostril once daily.
olopatadine HCl	Patanase¹	Rx 665mcg/spray	<6yrs: Not recommended. 6–11yrs: 1 spray per nostril twice daily. ≥12yrs: 2 sprays per nostril twice daily.
ANTIHISTAMINE + STEROID			
azelastine HCl + fluticasone propionate	Dymista¹	Rx 137mcg/50mcg per spray	<6yrs: Not established. ≥6yrs: 1 spray per nostril twice daily.
MAST CELL STABILIZER			
cromolyn sodium	Nasal crom¹	OTC 5.2mg/spray	<2yrs: Not recommended. ≥2yrs: 1 spray in each nostril every 4–6hrs. <i>Prevention:</i> Begin 1wk before exposure to known allergen.
STEROID			
beclomethasone dipropionate	Beconase AQ¹	Rx 42mcg/spray	<6yrs: Not recommended. ≥6yrs: 1–2 sprays in each nostril twice daily; max 2 sprays in each nostril twice daily. Reevaluate if no improvement in 3wks.
	Qnasl	Rx 40mcg/spray, 80mcg/spray	<4yrs: Not established. 4–11yrs: 1 spray (40mcg) in each nostril once daily; max: 2 sprays/day. ≥12yrs: 2 sprays (80mcg) in each nostril once daily; max: 4 sprays/day.
budesonide	Rhinocort Allergy Spray	OTC 32mcg/spray	<6yrs: Not recommended. 6–<12yrs: Initially 1 spray in each nostril once daily; increase to 2 sprays per nostril once daily if no improvement; reduce to 1 spray in each nostril once daily when symptoms improve. ≥12yrs: Use 2 sprays per nostril once daily; reduce to 1 spray in each nostril once daily when symptoms improve.
ciclesonide	Omnaris	Rx 50mcg/spray	<i>Seasonal allergic rhinitis:</i> >6yrs: Not recommended. ≥6yrs: 2 sprays in each nostril once daily (200mcg/day). <i>Perennial allergic rhinitis:</i> ≥12yrs: 2 sprays in each nostril once daily (200mcg/day).
	Zetonna	Rx 37mcg/spray	Children: Not recommended. Adults: One actuation in each nostril once daily (37mcg/actuation); max 74mcg/day.
flunisolide ¹	—	Rx 25mcg/spray	<6yrs: Not recommended. 6–14yrs: Initially 1 spray per nostril 3 times daily or 2 sprays twice daily; max 4 sprays/nostril daily. ≥15yrs: Initially 2 sprays per nostril twice daily; may increase to 2 sprays 3 times daily. Max 8 sprays/nostril daily.
fluticasone furoate	Flonase Sensimist²	OTC 27.5mcg/spray	<2yrs: Not recommended. 2–11yrs: 1 spray in each nostril once daily. ≥12yrs: Initially 2 sprays in each nostril once daily for Week 1, then 1 or 2 sprays in each nostril once daily as needed for Week 2 through 6mos.

(continued)

RHINITIS & NASAL CONGESTION TREATMENTS (Part 2 of 2)

Generic	Brand	Strength	Usual Dose
STEROID (continued)			
fluticasone propionate ¹	—	Rx 50mcg/spray	<4yrs: Not established. ≥4yrs: Initially 1 spray per nostril once daily; may increase to 2 sprays per nostril once daily. <i>Maintenance:</i> 1 spray per nostril once daily; max 2 sprays per nostril daily. ≥12yrs: Initially 2 sprays per nostril once daily or 1 spray per nostril twice daily. <i>Maintenance:</i> May reduce to 1 spray per nostril daily; max 2 sprays per nostril daily. <i>Seasonal allergic rhinitis:</i> ≥12yrs: 2 sprays per nostril once daily as needed.
	Flonase Allergy Relief¹	OTC 50mcg/spray	<4yrs: Not recommended. ≥4yrs: 1 spray in each nostril once daily. Reevaluate after 2 mos. ≥12yrs: Initially 2 sprays in each nostril once daily as needed for Week 2 through 6 mos. Reevaluate after 6 mos.
mometasone furoate ¹	—	Rx 50mcg/spray	<i>Allergic rhinitis:</i> <2yrs: Not established. 2–11yrs: 1 spray per nostril once daily. ≥12yrs: 2 sprays per nostril once daily; <i>prophylaxis:</i> begin 2–4wks prior to anticipated start of pollen season. <i>Nasal polyps:</i> <18yrs: Not established. ≥18yrs: 2 sprays per nostril 1–2 times daily.
	Children's Nasacort Allergy 24hr¹ Nasacort Allergy 24hr¹	Rx 55mcg/spray OTC	<2yrs: Not recommended. 2–5yrs: 1 spray in each nostril once daily. 6–12yrs: 1 spray in each nostril once daily; max 2 sprays in each nostril once daily. Reduce dose as condition improves. ≥12yrs: 2 sprays in each nostril once daily. Reduce dose as condition improves.

SYMPATHOMIMETIC

oxymetazoline HCl	Afrin No Drip Extra Moisturizing¹	OTC	0.05%	<6yrs: Individualize. ≥6yrs: 2–3 sprays in each nostril not more than every 10–12hrs; max 2 doses/day for max 3 days.
	Afrin No Drip Original¹			
	Afrin No Drip Severe Congestion^{1,3}			
	Afrin No Drip Allergy Sinus¹			
	Afrin Original¹			
	Dristan 12-hr Nasal Spray¹	OTC	0.05%	<2yrs: Not recommended. 2–12yrs: consult prescriber. ≥12yrs: 2–3 sprays in each nostril not more than every 10–12hrs; max 2 doses/day for max 3 days.
	Mucinex Sinus-Max Full Force Nasal Spray^{1,3,5,6}	OTC	0.05%	<6yrs: Not recommended. ≥6yrs: 2–3 sprays in each nostril not more than every 10–12hrs; max 2 doses/24hrs for 3 days.
	Vicks Sinex Severe Nasal Spray¹ Vicks Sinex Severe Ultra Fine Mist¹	OTC	0.05%	<6yrs: Not recommended. ≥6yrs: 2–3 sprays in each nostril not more than every 10–12hrs; max 2 doses/24hrs for 3 days.

NOTES

¹Contains benzalkonium chloride

²Alcohol-free

³Contains menthol

⁴Contains aloe

⁵Contains camphor

⁶Contains eucalypto