

Self-care reminder for HAYFEVER (seasonal allergic rhinitis)

Please check the list below when patients request seasonal medications as many can be purchased from a pharmacy or some supermarkets or other stores.
Inform the prescriber and advise patients who request any of the medications for hayfever in the grey table below to purchase the items required.

Self-purchase	Generic name	Ages for OTC purchase: (these can vary between brands)	OTC Brand names include: (pharmacy/supermarket own brands may be available)
	ACRIVASTINE CAPSULES	12 – 65 yrs	BENADRYL ALLERGY RELIEF
	ANTAZOLINE & XYLOMETAZOLINE EYE DROPS	From 12 yrs	OTRIVINE-ANTISTIN
	BECLOMETASONE NASAL SPRAY	From 18 yrs	BECONASE
	CETIRIZINE LIQUID TABLETS	From 2 yrs From 6 yrs	ZIRTEK TABS, BENADRYL ALLERGY LIQUID (children)
	CHLORPHENAMINE LIQUID TABLETS	From 1 yrs From 6 yrs	PIRITON
	CLEMASTINE TABLETS	From 1 yrs	TAVEGIL

Generic name	Ages for OTC purchase: (these can vary between brands)	OTC Brand names include: (pharmacy/supermarket own brands may be available)
FLUTICASONE NASAL SPRAY	From 18 yrs	PIRINASE
LORATADINE TABLETS & LIQUID	From 2 yrs	CLARITYN
MOMETASONE NASAL SPRAY	From 18 yrs	CLARINAZE
PROMETHAZINE TABLETS & LIQUID	From 2 yrs	PHENERGAN
SODIUM CROMOGLICATE EYE DROPS	All ages	OPTICROM ALLERGY

ITEMS WHICH MAY BE PRESCRIBED ARE LISTED BELOW- in the blue table "Prescription only"

Highlight requests for these medications to the GP as the patient may be able to self-medicate with medication that can be purchased from the grey table above.

Prescription only	Generic name	Brand names
	FEXOFENADINE HCL TABLETS	TELFEST
	FLUTICASONE/AZELASTINE NASAL	DYMISTA
	HYDROXYZINE	ATARAX
	OLOPATADINE EYE DROPS	OPATANOL

Non-formulary Do not prescribe	Generic name	Brand names
	ALIMEMAZINE	-
	AZELASTINE NASAL/EYE DROPS	RHINOLAST (NASAL), OPTILAST (EYE)
	BUDESONIDE NASAL	RHINOCORT AQUA
	DESLORATADINE	NEO- CLARITYN
	KETOTIFEN TABS	ZADITEN
	LEVOCETIRIZINE	XYZAL
	LODOXAMIDE EYE DROPS	ALOMIDE
	MIZOLASTINE	MIZOLLEN
	NEDOCROMIL SODIUM EYE DROPS	RAPITIL
	RUPATADINE FUMERATE	-
TRIAMCINOLONE ACETONIDE NASAL	NASACORT	