

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

April 2023

MANAGING SEASONAL ALLERGIES



NON PHARMACOLOGIC MEASURES

- Nasal irrigation and allergen avoidance (e.g., keeping windows closed, using window screen filters and air conditioning, limiting outdoor time during peak allergen season, showering after outdoor exposure)

OVER-THE-COUNTER PHARMACOLOGIC MEASURES

FIRST LINE Recommendations

Nasal corticosteroids (*Flonase, Nasacort, Nasonex, Rhinocort*)

- For moderate to severe, persistent symptoms (nasal congestion, itchy, irritated, or watery eyes)
- May get some relief a few hours after the first dose but it can take at least 2 weeks for max improvement

Oral antihistamines (*Allegra, Claritin, Xyzal, Zyrtec*)

- For mild or intermittent symptoms (itching, sneezing, runny nose)
- Can be used as needed (effects start in about an hour)
- **Caution use** in elderly and people with severe liver impairment
- **Avoid** drinking fruit juices with Allegra
- Zyrtec more likely to cause drowsiness

ADD-ON therapy if needed

Nasal antihistamines (*Astepro*)

- Add-on therapy with nasal steroids if needed for nasal congestion

Ophthalmic antihistamines (*Alaway, Pataday*)

- Add-on therapy with nasal steroids if needed for eye symptoms

Decongestants (*Sudafed, Afrin*)

- Use for inadequate response from a nasal steroid for nasal congestion
- **Caution use** in hypertension, coronary heart disease, glaucoma, diabetes, hyperthyroidism, MAOI use
- **Do not use** intranasal decongestant for more than 3-5 days

Clinical Resource, *Managing Seasonal Allergies. Pharmacist's Letter/Prescriber's Letter. April 2020.*

At Pequot Health Care, we are dedicated to maintaining your good health!

PRN

PEQUOT
PHARMACEUTICAL
NETWORK

PEQUOT
PLUS
Health Benefit Services

PRxN®
Customer Service
1-800-342-5779

PRxN® PBM
Customer Service
1-800-342-5779

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-888-779-6329

Website
www.prxn.com

E-Mail
pharmacy@mptn.org

PEQUOT
HEALTH CARE
Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
Tribal Nation