



Non- Prescription Allergy Remedies Podcast

Here are the names of the medicines we covered in the 4/7/21 Medication Insider podcast:

1. Decongestants

Sudafed® (pseudoephedrine) and Sudafed PE® (phenylephrine) tablets

Afrin® (naphazoline) and Neo-Synephrine® (phenylephrine) nasal spray

2. Steroid Nasal Sprays

Nasacort® (triamcinolone), Flonase® (fluticasone), and Rhinocort® (budesonide) nasal spray

3. Allergy Eye Drops

Pataday® (olopatadine) Once Daily, Pataday® Twice Daily, and Zaditor® (ketotifen)

4. Antihistamines

Claritin® (loratadine), Allegra® (fexofenadine), and Zyrtec® (cetirizine)

Actifed® (triprolidine/pseudoephedrine)

Here Are 5 Tips on Taming Your Allergies:

1. For a runny nose, AVOID using a decongestant.

Decongestants can relieve congestion but don't help a runny nose (rhinorrhea). For a runny nose, use a steroid nasal spray or an antihistamine with drying action like Zyrtec (cetirizine) or Actifed (triprolidine/pseudoephedrine).

2. For nasal congestion, a steroid nasal spray works best.

Nasal steroid sprays work extremely well on seasonal and year-round allergy symptoms that focus on the nose: stuffy or runny nose and sinus pressure. They can help itchy eyes, but allergy eye drops can be added for additional relief.

3. Avoid using a decongestant nasal spray for more than 2-3 days at a time.

Extended or overuse of decongestant nose sprays for stuffy nose can backfire on you, causing a rebound effect. If you notice your decongestant nose spray just quits working for you, it's probably due to a rebound effect. For occasional use, decongestant nose sprays are effective, but if you have stuffiness that lasts more than a couple of days, use a steroid nasal spray instead.

4. You need to sign for the most effective version of Sudafed.

The decongestant in Sudafed PE that you find on the grocery and pharmacy shelves is phenylephrine. Unfortunately, it is only 1/3 as potent as the older formulation of Sudafed, called pseudoephedrine. The purchase of pseudoephedrine is restricted to the amount you would need for personal use because it can easily be used to make methamphetamine. Although some states have made it available only with a prescription, in most states you can buy it from a pharmacy by showing your identification.

5. If nose spray plus antihistamine pills don't help, contact your doctor.

If using nose spray plus an antihistamine is not helping, you may be dealing with a sinus infection instead of just allergies. Contact your doctor.