NHS
Suffolk and
North East Essex

Self-care for Hayfever (seasonal allergic rhinitis)

Please check the table below when patients request medications for hayfever. The table includes the legal classification to indicate whether they are available over the counter (Pharmacy only) or other retailers (General Sales list (GSL)) for example supermarkets, health stores or on-line. Prices and availability may vary between retailers.

Patients who require long term treatment with any of the medicines within the table below or are using for other indications should be excluded from the self-care policy. Where a prescription is required choose a medicine of low acquisition cost (indicated in the table below with an *) and prescribe generically.

Generic name	**Brand names include: (pharmacy/supermarket own brands may be available)**	**Formulation**	**Age suitability**	**Legal Classification (Pharmacy only or General Sales List (GSL)** – may vary dependent upon brand
ACRIVASTINE	BENADRYL ALLERGY RELIEF®	Capsules	12 to 65 years	GSL
ANTAZOLINE & XYLOMETAZOLINE	OTRIVINE-ANTISTIN®	Eye drops	12 years and over	Pharmacy only
BECLOMETASONE*	BECONASE®, POLLENASE® (N.B. The brand Nasobec® is a POM but patients can purchase other brands of beclometasone)	Nasal spray *	18 years and over	GSL
BUDESONIDE	BENACORT HAYFEVER RELIEF® (N.B. Rhinocort aqua® is a POM but patients can purchase other brands of budesonide)	Nasal spray	18 years and over	GSL
CETIRIZINE	BENADRYL ALLERGY CHILDRENS LIQUID®	Liquid 1	2 years and over	GSL except for children aged 2-5 years: Pharmacy only
	ZIRTEK®, PIRITEZE®	Tablets *	6 years and over	GSL
	BENADRYL ALLERGY LIQUID RELEASE CAPSULES®	Capsules	12 years and over	GSL
CHLORPHENAMINE*	PIRITON®, ALLERIEF®	Liquid	1 year and over	Pharmacy only
		Tablets	6 years and over	Pharmacy only
CLEMASTINE	TAVEGIL®	Tablets	1 year and over	Pharmacy only
FEXOFENADINE 120mg	ALLEVIA®, TREATHAY®	Tablets	12 years and over	GSL
FLUTICASONE	PIRINASE®, NASOFAN® (N.B. Avamys® and Flixonase® are POM but patients can purchase other brands of fluticasone)	Nasal spray	18 years and over	GSL
LORATADINE*	CLARITYN®	Tablets *	6 years and over AND weighing more than 30kg	GSL
		Liquid *	2 years and over	GSL
MOMETASONE	CLARINAZE ALLERGY CONTROL® (N.B. Nasonex® is a POM but patients can purchase other brands of mometasone)	Nasal spray *	18 years and over	Pharmacy only
SODIUM CROMOGLICATE	OPTICROM ALLERGY®, , OPTREX HAYFEVER RELIEF®, POLLENASE HAYFEVER RELIEF®	Eye drops *	6 years and over.	GSL
TRIAMCINOLONE	NASACORT ALLERGY®	Nasal spray	18 years and over	GSL

Produced by the SNEE Medicines Optimisation Teams.
Approved at the Integrated Medicines Optimisation Committee 13th June 2023

Local guidance

Local guidance for the management of allergic rhinitis is available on the SNEEICB Medicines Management website under Clinical Guidelines Chapter 12

https://suffolkandnortheastessex.icb.nhs.uk/health-and-care-professionals-area/medicines-management/clinical-guidelines-and-position-statement/

ITEMS WHICH MAY BE PRESCRIBED

Medicines listed within the self-care table may be prescribed if they are being used for:

- long term treatment
- Indications other than seasonal allergic rhinitis

Other medicines that may be prescribed are shown in the table below. Requests for these medications should be reviewed to see if the patient may be able to switch to a self-purchase option from the table above.

	Generic name	Formulary status
Formulary in all local alliances	FLUTICASONE with AZELASTINE nasal spray	For moderate-severe perennial allergic rhinitis in patients who have failed to respond to a steroid nasal spray with the addition of an oral antihistamine.
Mixed traffic light status	AZELASTINE nasal spray	Refer to the local Alliance formulary
	FEXOFENADINE tablets **30mg and 120mg (note: 180mg is not licensed for seasonal allergic rhinitis).**	Refer to the local Alliance formulary
	HYDROXYZINE tablets - Note: MHRA alert: risk of QT interval prolongation and torsade de pointes	Refer to the local Alliance formulary
	NEDOCROMIL SODIUM EYE DROPS	Refer to the local Alliance formulary
	OLOPATADINE EYE DROPS	Refer to the local Alliance formulary

The following medicines are non-formulary and should be reviewed to alternatives:

	Generic name	Brand names include
Non- formulary **Do not prescribe**	ALIMEMAZINE	-
	AZELASTINE EYE DROPS	OPTILAST
	DESLORATADINE	NEO- CLARITYN
	KETOTIFEN TABS/EYE DROPS	ZADITEN
	LEVOCETIRIZINE	XYZAL
	LODOXAMIDE EYE DROPS	ALOMIDE
	MIZOLASTINE	MIZOLLEN
	RUPATADINE FUMERATE	-

References:

- NHS England Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs March 2018.
- MHRA: Drug Safety Update April 2015
- BNF Accessed 16.5.23
- Electronic medicines compendium (EMC) Accessed 16.5.23

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