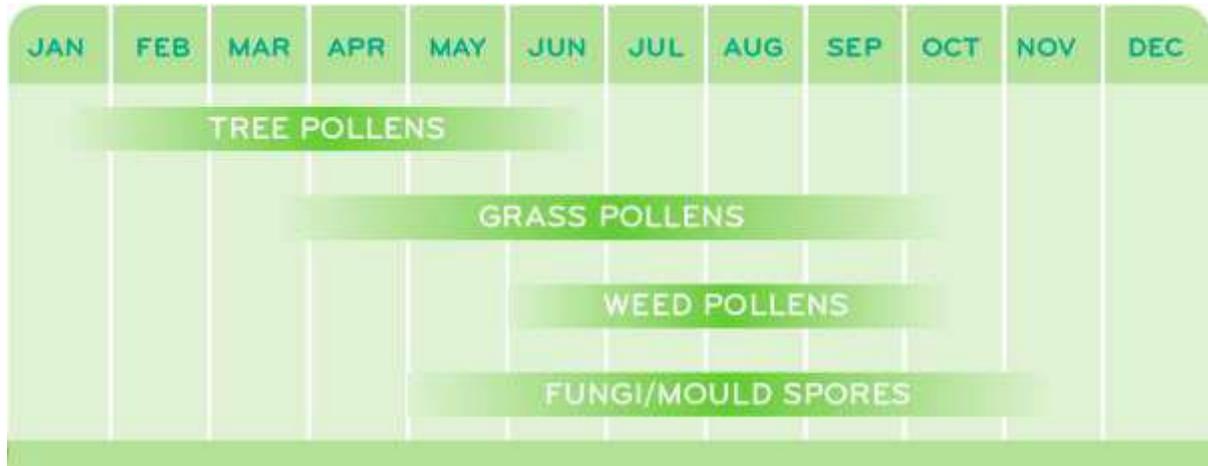


# Parkbury House Surgery

## A GUIDE TO SURVIVING THE HAYFEVER SEASON

Hay fever season is a recurring problem every spring and summer; we hope this guide will help you to manage your condition effectively to minimise disruption to everyday life.

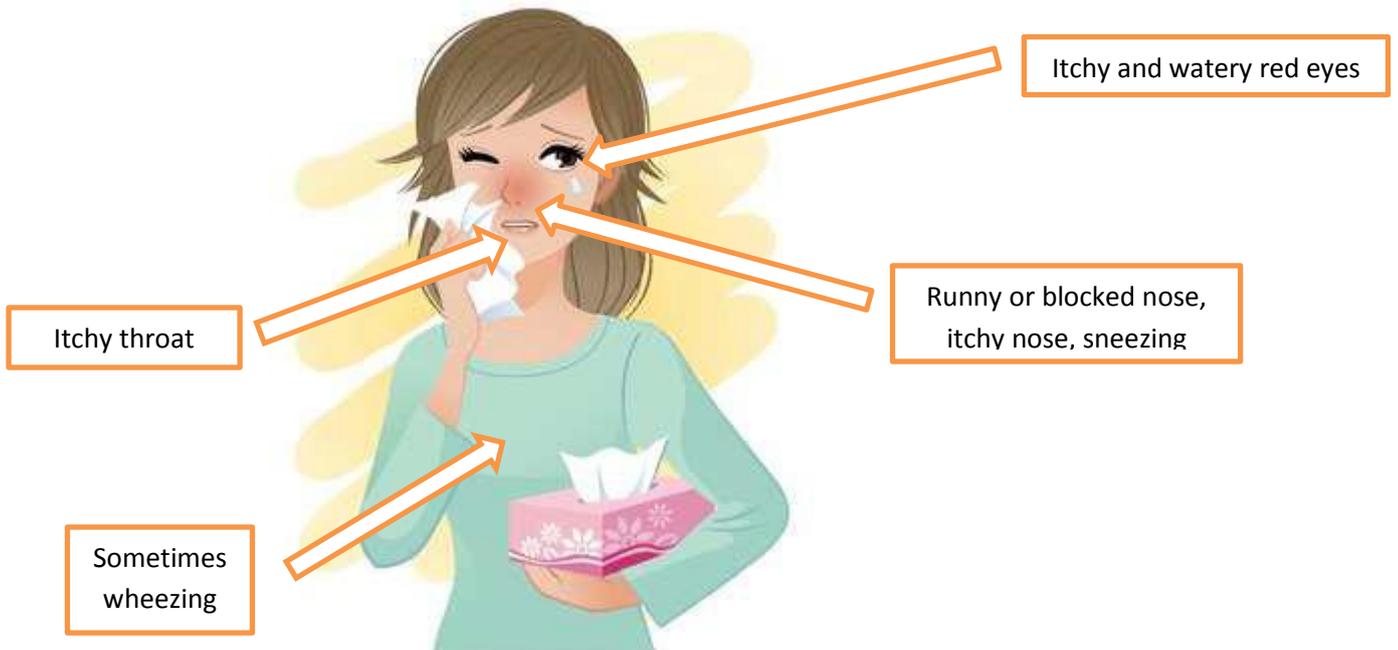
Hay fever is a common allergic condition affecting approximately 1 in 4 people. It is a reaction to pollens and the timing of symptoms will be dependent on which particular pollen you are allergic to.



Pollen avoidance can be a helpful strategy; avoid open grassy spaces, keep windows shut in cars and buildings and if your car has a pollen filter, make sure it is regularly serviced. Keep an eye on the pollen count - see the link below to the Met Office website.

<http://www.metoffice.gov.uk/health/public/pollen-forecast>

## Symptoms



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Please look at some of the following links for more information on hay fever.

Firstly from the website patient.co.uk <http://patient.info/health/hay-fever-leaflet>

From the NHS Choices website <http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx>

From Allergy UK <https://www.allergyuk.org/hayfever-and-allergic-rhinitis/hay-fever-and-allergic-rhinitis>

## Treatment

- **Antihistamines** - these can be taken as tablets or as a nasal spray. Tablets can help many of the symptoms of hay fever whereas nasal sprays just help nasal symptoms. It is best to take a once daily non sedative antihistamine such as **Loratadine** or **Cetirizine** on a regular basis. These can be obtained cheaply over the counter from pharmacies. Liquids are also available for children.
- **Steroid nasal sprays** - these sprays such as **Beconase** work well to improve nasal symptoms and can also help eye symptoms. It takes several days for the full effectiveness to develop and the spray needs to be used regularly; **Beconase** is used twice daily, 2 puffs to each nostril. If you know when your hay fever started last year it can be helpful to start the nasal spray a week before that date to build up a protective effect. Steroid nasal sprays can be used alone or in combination with antihistamines. Beconase and similar products are available from pharmacies without prescription. Nasal saline washouts - **Sterimar** - can also be helpful and may reduce the need for nasal steroids.

**Please look at the following link which explains how to use steroid nasal sprays to best effect**

<http://patient.info/health/steroid-nasal-sprays>

- **Eye drops** - if eye symptoms are troublesome then eye drops can be helpful in addition to the above treatments. Sodium cromoglycate drops - **Opticrom** drops are available over the counter.

<http://patient.info/health/how-to-use-eye-drops>

Please see your local pharmacist for further advice.

**Pregnancy** - please see this link about specific advice for pregnant women

<http://www.nhs.uk/chq/Pages/935.aspx?CategoryID=73&SubCategoryID=107>

**Children** - please read this link if you are looking for information specifically about children

<http://www.nhs.uk/Livewell/hayfever/Pages/Hayfeverandchildren.aspx>

**We are no longer able to prescribe over the counter hayfever medications. Please purchase these directly from the pharmacy.**