

Allergic Rhinitis Guideline Medication Recommendations

Medication Class	Recommendations for Symptoms				Recommendations for Exposure to Allergen			Recommendations for Symptom Frequency		Recommendations for Symptom Severity		Patient Preference
	Congestion	Rhinorrhea	Sneezing	Nasal Itching	Seasonal	Perennial	Episodic	Intermittent	Persistent	Mild	Severe	
Intranasal Steroids (INS)	+++	+++	+++	+++	++	++	+	++	++	++	++	Large
Oral Antihistamines (OA)		++	++	++	+	+	+	++	+	+	No	Large
Intranasal Antihistamines (INA)	++	+ +	++	++	++	+ ^b	++	++	+ ^b	++	+	Large
Leukotriene Receptor Antagonist (LTRA)	+	+	+	+	+	+	No	No	Yes	Yes	Not as mono-therapy	Low

^aThe use of either "+", "++" or "+++" throughout the chart indicates the relative effectiveness for each medication class for the various symptoms (i.e., most effective for congestion (+++)) but also effective for each of the other symptoms (+).^b (Astepro)-One of the intranasal antihistamines available in the U.S. is indicated for perennial/persistent allergic rhinitis

Table 12 Guideline Medication Recommendations from Clinical Practice Guideline: Allergic Rhinitis

SOURCE: Seidman, MD, Gurgel, RK, Lin, SY, et al. Clinical Practice Guideline: Allergic Rhinitis. *Otolaryngol Head Neck Surg.* 2015; 152(1S):S1-S43

About the AAO-HNS

The American Academy of Otolaryngology—Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngologist-head and neck surgeons to deliver the best patient care."