



Allergic Rhinitis Intranasal Antihistamines

Medication	FDA Indications	Contra-indications	Approved Ages	Dosing	Common Side Effects	OTC or Prescription
Olopatadine (Patanase)(as HCl) 0.6% (665mcg/spray); aqueous nasal spray	Seasonal AR	None	Age 6 and older	Age >12 years: 2 sprays b.i.d. Age 6-11 years: 1 spray b.i.d.	<ul style="list-style-type: none"> ●bitter taste, ●epistaxis, ●somnolence, ●headache 	prescription
Azelastine (Astelin)0.1% solution (137mcg/spray)	Seasonal AR, Vasomotor Rhinitis	None	6 years and older	Age >12 years 1-2 spray(s) b.i.d. or 2 sprays daily, Children 6-11 years: 1 spray b.i.d.	<ul style="list-style-type: none"> ●bitter taste, ●epistaxis, ●somnolence ●headache 	prescription
Azelastine (Astepro) 0.15% solution (205.5mcg/spray)	Seasonal AR, Perennial AR	None	age 6 years and older	Age >12 years 1-2 spray(s) b.i.d. or 2 sprays daily, Children 6-11 years: 1 spray b.i.d.	<ul style="list-style-type: none"> ●bitter taste, ●epistaxis, ●somnolence ●headache 	prescription
Azelastine plus Fluticasone (Dymista) (137mcg azelastine, 50mcg fluticasone per spray)	Seasonal AR	None	Age 12 and older	1 spray per nostril b.i.d.	<ul style="list-style-type: none"> ●bitter taste, ●epistaxis, ●somnolence ●headache 	prescription

Table 11 Intranasal Antihistamines 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."