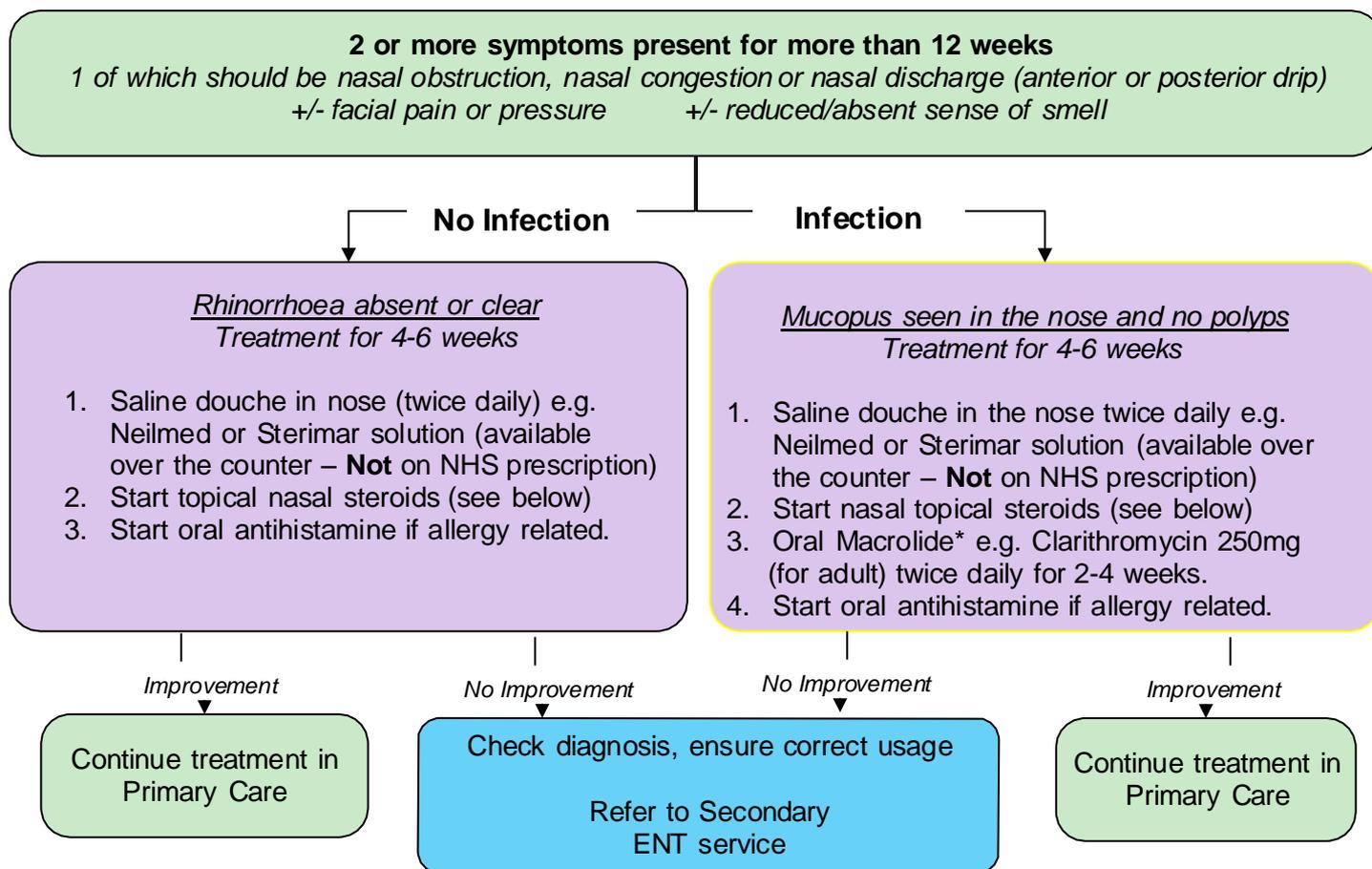


Adult and Paediatric Chronic Rhinitis and Chronic Rhinosinusitis



*Consider Doxycycline if Macrolide contraindicated. Evidence is inconclusive regarding long courses of antibiotics for chronic rhino-sinusitis and even the division between infection and non-infection is not clear-cut. Established practice is to prescribe clarithromycin for a 2-4 week course. It is acknowledged that longer courses of up to 12 weeks are used sometimes and there is some evidence to suggest that this can help in some cases.

Topical Nasal Steroids
See BNF for doses
To be prescribed in generic form.

- Beclometasone dipropionate aqueous nasal spray, 50 micrograms per spray (6 yrs & older)
- Betamethasone sodium phosphate **Drops** 0.1% (Vista-Methasone®)
- Fluticasone furoate (Avamys®) aqueous nasal spray, 27.5 micrograms per spray (6 yrs & older)
- Mometasone furoate nasal spray 50 micrograms per spray (6 yrs & older)

[Click for patient information sheet how to use nasal drops;](#)
[Click for patient information sheet how to use nasal spray](#)
[Click here for the local formulary.](#)

Paediatric only Important Notice: Topical nasal steroids should be used for the shortest possible time (i.e. 1-3 months), due to risk of systemic absorption and growth retardation.

In long term use, the height of children on prolonged intranasal corticosteroids (INCS) treatment should be monitored. Not relevant for adults. Follow BNF for children.