

ALLERGY TREATMENT RECOMMENDATIONS

Unfortunately, allergy symptoms are all too common in Arizona and can cause the following symptoms:

- Runny nose
- Sneezing
- Stuffy nose due to blockage or congestion
- Fatigue (often reported due to poor quality sleep as a result of nasal obstruction)
- Itching, usually in the nose, mouth, eyes, throat or skin
- Puffy, swollen eyelids
- Cough

ORAL ANTIHISTAMINES: Antihistamines can help relieve the following nasal allergy symptoms:

- Runny nose
- Sneezing and an itchy, runny nose
- Eye itching, burning, tearing and redness
- Itchy skin, hives and eczema

Examples of antihistamines include:

- Brompheniramine (Dimetapp)
- Cetirizine (Zyrtec)
- Chlorpheniramine (Chlor-Trimeton)
- Clemastine (Tavist)
- Diphenhydramine (Benadryl)
- Fexofenadine (Allegra)
- Loratadine (Alavert, Claritin)

If you have high blood pressure (HTN), AVOID decongestants such as Claritin-D, Zyrtec-D, or products containing ephedrine, phenylephrine, or pseudoephedrine

NASAL STEROID SPRAY: This medication can be useful to combat allergies at the source, your nose. Nasal steroids do not enter the bloodstream so there are no systemic effects. Examples of nasal steroid sprays include:

- Flonase
- Rhinocort
- Astepro
- Astelin

MUCINEX (GUAIFENESIN): This medication helps to thin secretions. Unfortunately, banded patients can experience difficulty swallowing the large adult-sized tablets. We recommend crushing the tablets or using ROBITUSSIN liquid. Take the recommended adult dose listed on the label instructions.

If you have high blood pressure (HTN), AVOID decongestants such as Mucinex-D or products containing ephedrine, phenylephrine, or pseudoephedrine

HOT/ACIDIC BEVERAGES: These beverages will help thin and loosen secretions to help them through the band. Try drinking them 1 hour prior to eating in the morning or 30 minutes before each meal.