**Nasal Steroid Use**

Important points:

* Review regularly for red flag symptoms – click [here](http://rms.kernowccg.nhs.uk/primary_care_clinical_referral_criteria/ent/nose/nasal_and_sinus_red_flags)
* **Where there is poor concordance or tolerance** it is worth ensuring that the patient is aware that surgery can carry significant risks, may not cure the symptoms, or they may recur
* **Examine the nose** e.g. large polyps/ turbinates can block the distribution of topical treatment. An initial course of PO steroids is often effective in shrinking these
* Ask about OTC decongestant use
* Consider topical Ipratropium (Rhinatec) in those with persistent, non-allergic, clear nasal discharge
* Consider oral or topical antihistamines in those with a history suggestive of allergy
* Consider antibiotics as per Sinusitis guidelines (click below for more info):
  + [Acute sinusitis](http://rms.kernowccg.nhs.uk/rms/primary_care_clinical_referral_criteria/ent/nose/acute_sinusitis)
  + [Chronic sinusitis](http://rms.kernowccg.nhs.uk/rms/primary_care_clinical_referral_criteria/ent/nose/chronic_sinusitis_polyposis)

