

Hay Fever (Seasonal Allergic Rhinitis)

Follow-up Advice	Conditional referral: <ul style="list-style-type: none">• Patient should consult the GP if treatment is ineffective or symptoms persist after the end of September
Counselling Points	<ul style="list-style-type: none">• Pollen avoidance measures• Pollen count can be found at www.bbc.co.uk/weather• Patient choice will play a role in treatment selection• Chlorphenamine should only be supplied if sedation will not be cause for concern; patients should be counselled about driving/operating machinery if sedation occurs• Intranasal corticosteroids are effective where rhinitis is the main symptom; they have a relative slow onset of action - maximum efficacy takes days or weeks to develop.