

Nasal Corticosteroid Dosing For Allergic Rhinitis

NASAL STEROID	ADULT DOSING	PEDIATRIC DOSING
Beclomethasone Beconase AQ, Qnasl Rx Only	Beconase AQ: 1-2 inhalations (42 mcg/inh) in each nostril twice daily. Qnasl: 2 sprays (80 mcg/spray) in each nostril once daily.	Beconase AQ: <u>Age 6-11 years:</u> 1 inhalation (42 mcg/inh) in each nostril twice daily (168 mcg); If uncontrolled, may increase to 2 inhalation twice daily (336 mcg). Qnasl: <u>Age 4-11 years:</u> 1 spray (40 mcg) in each nostril once daily (80 mcg total/day).
Budesonide Rhinocort Allergy OTC Rhinocort Aqua (DSC) Rx Only	OTC dosing: 2 sprays (32 mcg/spray) in each nostril once daily; Reduce to 1 spray/nostril/day once symptoms improve. Rx dosing: 1-4 sprays (32 mcg/spray) in each nostril once daily; Use lowest effective dose.	OTC dosing: <u>Age 6-11 years:</u> 1-2 sprays (32 mcg/spray) in each nostril once daily; Reduce to 1 spray/nostril/day once symptoms improve.
Flunisolide Various brands Rx Only	2 sprays (25 mcg/spray) in each nostril twice daily; May increase to 2 sprays three times/day.	<u>Age 6-14 years:</u> 1 spray (25 mcg/spray) in each nostril three times daily, or 2 sprays in each nostril twice daily.
Fluticasone Flonase Allergy Flonase Sensimist OTC Flonase Veramyst Rx Only	OTC dosing (Flonase Allergy, fluticasone prop.): 2 sprays (50 mcg/spray) in each nostril once daily; After 1 week, use 1-2 sprays/nostril once daily. OTC dosing (Flonase Sensimist, fluticasone fur.): 2 sprays (27.5 mcg/spray) in each nostril once daily; After 1 week, use 1-2 sprays/nostril once daily. Rx dosing (Flonase, fluticasone prop.): 2 sprays (50 mcg/spray) in each nostril once daily or 1 spray twice daily; May reduce to 1 spray/nostril for maintenance therapy. Rx dosing (Veramyst, fluticasone fur.): 2 sprays (27.5 mcg/spray) in each nostril once daily; May reduce to 1 spray/nostril for maintenance therapy.	OTC dosing (Flonase Allergy, fluticasone prop.): <u>Age 4-11 years:</u> 1 spray (50 mcg/spray) in each nostril once daily. OTC dosing (Flonase Sensimist, fluticasone fur.): <u>Age 2-11 years:</u> 1 spray (27.5 mcg/spray) in each nostril once daily. Rx dosing (Flonase, fluticasone prop.): <u>Age 4+ years:</u> 1 spray (50 mcg/spray) in each nostril once daily; If uncontrolled, may increase to 2 sprays/nostril once daily; Reduce to 1 spray/nostril once symptoms improve. Rx dosing (Veramyst, fluticasone fur.): <u>Age 2-11 years:</u> 1 sprays (27.5 mcg/spray) in each nostril once daily; If uncontrolled, may increase to 2 sprays/nostril daily; Reduce to 1 spray/nostril once symptoms improve.
Mometasone Nasonex Rx Only	2 sprays (50 mcg/spray) in each nostril once daily.	<u>Age 2-11 years:</u> 1 spray (50 mcg/spray) in each nostril once daily.
Triamcinolone Nasacort OTC	2 sprays (55 mcg/spray) in each nostril once daily; Reduce to 1 spray/nostril/day once symptoms improve.	<u>Age 6-11 years:</u> 1 spray (55 mcg/spray) in each nostril once daily; If uncontrolled, increase to 2 sprays/nostril once daily; Reduce to 1 spray/nostril/day once symptoms improve. <u>Age 2-5 years:</u> 1 spray (55 mcg/spray) in each nostril once daily.