

HAY FEVER medications

Items
Recommended
for patient
Self –Care

Examples of products available to purchase from local pharmacies and other retail outlets

Antihistamines

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| Loratadine | from £1.80 for 14 tablets | Available from pharmacies and other retail outlets |
| Cetirizine | from £1.80 for 14 tablets | |

Steroid Nasal Sprays

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| Beclometasone nasal spray | from £4.00 | Available in pharmacies. For use in adults >18yrs |
| Fluticasone nasal spray | from £5.30 | |

Eye Drops

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| Sodium cromoglicate eye drops | from £4.90 | Available from pharmacies and other retail outlets |
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Talk to your local pharmacist if you need some advice. You don't need an appointment!

If you take care of the little things, your health service can keep taking care of you.

