

Management of Nasal Disease before your Clinic Appointment

Your family doctor has referred you to The Northern Hospital ENT Surgery Department for nasal symptoms. At the moment, patients with nasal disease are waiting over two years for a clinic appointment. In order to more quickly treat your nasal symptoms, we would like you to begin your nasal treatment prior to attending our clinic.

Steps:

- 1) Complete the attached questionnaire ('Before Medication' side) about your current nasal symptoms
- 2) See your family doctor, and ask them to prescribe the medications outlined below. Take them as directed.
- 3) Have the blood tests and CT (slips attached). Please book the CT ('Cat') scan at The Northern Hospital to be done at about 6 weeks after you begin your nasal medications. You will need to bring the slip to the Radiology Department in person to arrange this scan. Have the blood tests at The Northern on the same day you come in to book your CT. You do not need to fast for this test, and there will be no out-of-pocket cost to you.
- 4) Complete the 'After Medication' section of the questionnaire, once you have taken the medications for at least six weeks.
- 5) Once done, please return this paper with the completed questionnaire in the attached envelope. You will need to use your own stamp.

Once we receive your completed questionnaire and confirm that you've had your tests done (we will check our hospital records for the results), you will be given an earlier appointment than those who do not return this paperwork. Please note, there are no 'right' answers to the questions, and your specific answers will not influence how quickly we see you, over and above returning this paperwork.

Medications:

Prednisone	
<u>Doxycycline</u>	
Saline lavage	continue for 3 months, longer if effective
Steroid nasal spray	continue for 3 months, longer if effective

(With thanks to Dr Richard Douglas and the ENT Departments at Auckland, Gilles and North Shore Hospitals, New Zealand, for preparing this regimen and the attached notes).

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1. Prednisolone

Take 30 mg with food in the morning for one week then

Take 20 mg with food in the morning for one week then

Take 10 mg with food in the morning for one week.

If diabetic, omit this medication. Have your GP prescribe a nasal decongestant spray for use three times a day for five days only instead. Do not use for longer, as it will make your nasal symptoms worse.

2. Doxycycline tablets 100 mg

Take one tablet twice daily with food for three weeks.

(If allergic to Doxycycline, use Roxithromycin 300mg in the morning for ten days total).

3. Nasal saline lavage:

Use morning and night, as per instructions below, before using any other nasal sprays.

4. Nasal steroid spray: Rhinocort 64ug, Omnaris, Nasonex or Avamys

Use 1 puff twice daily in both nostrils (after nasal lavage).

Please note; Rhinocort is significantly cheaper than the other three options. All four are safe for long-term use. If you are on long-term steroids for other illnesses, using Omnaris, Avamys or Nasonex is probably better, as they have less absorption into the bloodstream.

Information about these medications:

Prednisone

Prednisone is related to the hormones released by the adrenal glands in response to stress. It is a powerful anti-inflammatory medication and is effective in the management of sinusitis because it reduces swelling of the lining of the nose and helps establish sinus drainage. For sinusitis it is prescribed in moderately high doses for a few weeks only.

Side effects

1. Difficulty sleeping – many patients experience difficulty sleeping at night. To lessen this effect prednisone is taken in the morning. Occasionally sleeping tablets are required.
2. Mood changes – some patients experience increased energy levels and a few become agitated or aggressive. You should warn your partner that there is a possibility that your mood may be a little different.
3. Weight gain – patients may gain weight because prednisone stimulates appetite and causes some fluid retention. The weight gain associated with a short course is unlikely to be great and is usually lost after the course ends.
4. Indigestion – the possibility of this side effect is lessened if prednisone is taken with food. Sometimes additional medication is needed to settle indigestion symptoms should they occur.
5. Hip problems – this side effect is extremely rare but if you develop hip pain while on prednisone you should stop it immediately and see your doctor

Doxycycline

This antibiotic is used to reduce the bacterial load in sinusitis.

Side effects

1. Indigestion – doxycycline must be taken with food or else it causes painful indigestion.
2. Allergic reactions – these are relatively uncommon with doxycycline. Sometimes a rash can develop after sun exposure so excessive sun exposure should be avoided while taking this medication.

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3. Thrush – occurs occasionally during course of doxycycline. If you have a tendency to develop thrush, acidophilus yoghurt may lessen this.
4. Oral contraception – doxycycline may lessen the effective of oral contraception while you are taking it and alternative contraceptive methods should be employed during this time.

Nasal Saline Lavage

The sachets containing a mixture of salt and sodium bicarbonate are most conveniently mixed with luke warm tap water. Boiling the water or using distilled water is usually unnecessary unless your water is being collected from your roof. Most pharmacies stock the device and boxes of sachets. Instead of using the sachets, half a teaspoon of a 50:50 mixture of salt and baking soda can be used to make up the solution.

The device should be rinsed with hot water and allowed to dry (store bottle inverted so it can drain) after each use. Every two to three days sterilize the bottle either by soaking it in Milton's Solution (tablets can be bought from your pharmacy) or microwaving the Sinus Rinse bottle and cap for two minutes with 2 to 3 cm of water in the bottom of the bottle. The bottle should be discarded and a new one purchased every two months.

Nasal Steroid Spray

Occasionally patients experience mild nose bleeds while on it. These are best treated by stopping the medication for a few days while the nosebleeds settle, then starting it again at half the dose.

Please return this sheet in the attached envelope.

Patient Sticker

Symptom	Before Medication						After Medication				
	0	1	2	3	4		0	1	2	3	4
Nasal blockage: left											
Nasal blockage: right											
Snotty, runny nose											
Itching/sneezing											
Facial pressure/pain											
Poor/no smell											
Nose bleeds											
Post-nasal drip											

Scale:

- | | |
|-------------|------------------------|
| 0 Never | 3 Frequent/Often |
| 1 Rarely | 4 Constant/Unrelenting |
| 2 Sometimes | |

Do you smoke cigarettes? Yes No

Have you ever suffered from:	Asthma	Yes	No
	Excema	Yes	No
	Hayfever	Yes	No

Have you ever broken your nose? Yes No

Have you ever had surgery on your nose? Yes No

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