



## **MEDICATIONS FOR THE TREATMENT OF CHRONIC SINUSITIS**

Your doctor has determined that you have chronic sinusitis. This means that you have an infection present in one or more of your sinuses. You may have been experiencing symptoms for a long time. In order to adequately treat your infections, you will have to be on medications for three to four weeks. It is important that you finish all your medication for three to four weeks. It is important that you finish all your medication as prescribed, even if you feel completely better, or your infection may return. If you stop taking any of the medication because of a side effect (i.e. rash or diarrhea), please call us at 708-216-9183 and let us know. We will need to put you on another medication.

Initially you may notice an increase in nasal drainage. Do not be alarmed – this is a good sign. It means the infection is beginning to drain.

### **MEDICATIONS**

#### **TOPICAL NASAL SPRAY**

To administer: Clear nasal passages before administration, shake inhaler, invert, tilt head backward, insert nozzle into nostril away from septum (middle wall of your nose), hold other nostril closed and depress activator, inhale through nose, exhale through your mouth.

( ) Astelin

Use 2 sprays each side of nose twice a day.

( ) Flonase

Use 2 sprays each side of nose once a day. (Every morning.)

( ) Nasocort AQ

Use 2 sprays each side of nose once daily.

( ) Nasalcrom

Use 1 spray each side of nose three times a day.

( ) Ponaris

Use 2 sprays each side of nose twice a day.

(Place in nasal spray pump bottle. ie: Nasalcrom)

( ) Rhinocort

Use 2 sprays each side of nose twice a day.

( ) Rhinocort AQ

Use 1 spray each side of nose once a day. (Every morning)

( ) Vancenase AQ-DS

Use 2 sprays each side of nose once a day. (Every morning)

**PREDNISONE BURST: ORAL STEROID (CORTISONE)**

Dose: 20 mg. (3 pills) once daily (Morning) for 3 days. Total = 60 mg./day

Dose: 20 mg. (2 pills) once daily (Morning) for 3 days. Total = 40 mg./day

Dose: 20 mg. (1 pill) once daily (Morning) for 3 days. Total = 20 mg./day

Dose: 20mg. (1/2 pill) once daily (Mornings) for 3 days. Total = 10 mg./day

Decrease water, salt and caffeine intake.

Possible side effects:

- Increase in appetite
- Mood swings (happy one minute, sad the next)
- Upset stomach
- Feeling "jittery" or anxious
- Joint pain
- Headaches

It is unlikely you will experience any side effects because you will only be on prednisone for a short Time.

- Avoid over-the-counter products while on prednisone (Tylenol is OK)
- Do not take aspirin while on prednisone
- Don not take if you have a history of ulcers

**ANTIBIOTICS:** \_\_\_\_\_

Take \_\_\_\_ pills \_\_\_\_\_ times a day. To take for \_\_\_\_\_ days. Take all of the antibiotics. If you have any problems or side effects, please notify the doctor.

Take with food: Yes No

**POSSIBLE SIDE EFFECTS:**

Nausea Diarrhea Metallic taste in mouth Yeast infection Lack of appetite

Additional instructions: \_\_\_\_\_