

Ear, Nose and Oropharynx
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Preparations used for the removal of ear wax			
Drug	Indication	Formulation	Notes
<a href="#">Sodium bicarbonate</a>	Softening of ear wax	Sodium bicarbonate 5% ear drops	May cause dryness of the ear canal.
<a href="#">Olive oil</a>	Softening of ear wax	Olive oil ear drops	
<a href="#">Almond oil</a>	Softening of ear wax	Almond oil ear drops	

Drugs used in nasal allergy – antihistamines			
Drug	Indication	Formulation	Notes
<a href="#">Azelastine</a> (Rhinolast®)	Allergic rhinitis	Azelastine 140mcg/dose nasal spray	

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Drugs used in nasal allergy - corticosteroids			
<p>Corticosteroids should be avoided in untreated nasal infections or pulmonary tuberculosis. Systemic absorption may occur from nasal administration particularly if high doses are used or if treatment is prolonged. The risk of systemic effects is more with nasal drops than sprays. <b>CSM:</b> the height of children should be monitored in those receiving prolonged treatment, and referred to a paediatrician if growth is slowed.</p> <p>For information on preservative contents, please refer to the current BNF.</p>			
Drug	Indication	Formulation	Notes
<a href="#">Beclometasone</a>	Prophylaxis and treatment of allergic and vasomotor rhinitis	Beclometasone 50mcg/dose nasal spray	
<a href="#">Fluticasone</a>	Prophylaxis and treatment of allergic rhinitis and perennial rhinitis; nasal polyps	Fluticasone 50mcg/dose nasal spray	
<a href="#">Mometasone</a>	Prophylaxis and treatment of allergic rhinitis; nasal polyps	Mometasone 50mcg/dose nasal spray	

Drugs used in nasal allergy - cromoglicate			
For information on preservative contents, please refer to the current BNF.			
Drug	Indication	Formulation	Notes
<a href="#">Sodium cromoglicate</a>	Prophylaxis of allergic rhinitis	Sodium cromoglicate 4% nasal spray	

Topical nasal decongestants			
For information on preservative contents, please refer to the current BNF.			
Drug	Indication	Formulation	Notes
<b>Sodium chloride</b>	Nasal congestion	Sodium chloride 0.9% nasal drops	3 drops into each nostril 3-4 times a day
<a href="#">Ephedrine</a>	Nasal congestion	Ephedrine 0.5% & 1% nasal drops	Topical sympathomimetic nasal decongestants should be used for short-term use only (no longer than 7 days) as they can cause rebound congestion. All can cause hypertensive crisis if used with a monoamine-oxidase inhibitor including mocolobomide.

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Topical nasal decongestants - antimuscarinic			
For information on preservative contents, please refer to the current BNF.			
Drug	Indication	Formulation	Notes
<a href="#">Ipratropium</a>	Rhinorrhoea associated with allergic and non-allergic rhinitis	Ipratropium 21mcg/dose nasal spray	

**Oral hygiene, plaque inhibition, oral candidiasis, gingivitis, management of aphthous ulcers.**

Drug	Formulation	Notes	Duration of treatment
<a href="#">Chlorhexidine</a>	Mouth wash	Not compatible with some ingredients in toothpaste; leave an interval of at least 30 minutes between using mouthwash and toothpaste.  Can cause reversible brown staining of teeth.	Mouthwash should not be used continuously for more than 1 month

Treatment of dry mouth			
Please review patients' medication to identify iatrogenic causes of dry mouth. Frequent sips of cool drinks or sucking pieces of ice or sugar-free pastilles should be advised before prescribing artificial saliva.			
Drug	Indication	Formulation	Notes
Artificial saliva <a href="#">[Luborant@Saliveze@]</a>	Dry mouth	Oral spray	Advice from ACBS (Advisory Committee for Borderline Substances): Saliveze is reserved for dry mouth during and post radio therapy or patients suffering from Sicca syndrome.  Luborant may be difficult to obtain.

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#### References:

- Joint Formulary Committee. British National Formulary. 54<sup>th</sup> Ed. London: British Medical Association and Royal Pharmaceutical Society of Great Britain. 2007.
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- Summary of Product Characteristics. Gentisone HC<sup>®</sup>, Locorten-Vioform<sup>®</sup>, Daktarin oral gel<sup>®</sup> Available from: [www.medicines.org.uk](http://www.medicines.org.uk). Accessed 26/02/08.
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