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Greenville Ear, Nose & Throat

## Medications for Nasal Spray

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You have been prescribed a nasal spray. Typically, two types of nasal sprays are ordered: steroids and topical antihistamines.

Topical steroids include Flonase, Nasonex, Nasacort, Rhinocort, Omnaris and Veramyst. Topical antihistamines include Patanase, Astelin and Astepro. Topical steroids often are taken once a day, while topical antihistamines may be taken once or twice a day. We may recommend different dosing depending on your situation.

You may find that different insurance and drug plans cover some medications better than others based on your co-pay amount. Newer medications often cost more than older ones or, in the case of Flonase, ones that have a generic option. Insurance companies also may not approve more frequent dosing as easily because that would mean more medication would be prescribed.

If you think the medication that has been prescribed is expensive, check with your pharmacist or insurance provider to see if an alternative medicine that costs less is available. If that is the case and the effects of the medicine are similar, then we probably can prescribe the less costly drug.

If you have been on a medication but have not had a response, we may be able to get an alternative or newer medication approved by your insurance plan for you to take.

Because of the many different insurance and drug plans, it is hard for us to keep up with all of them, so we may not know which medication is preferred by your plan. If your insurance plan requires prior authorization and can provide a form for us to fill out with the information needed, we are happy to do so as a convenience to you.