

**Dr Brendan Cronin's
ALLERGY MEDICATION PLAN**
www.drbrendancronin.com.au

TREATMENT	TIMES PER DAY	DURATION
<p>Preventer medication – these reduce the incidence and severity of allergy attacks</p> <p>Zaditen or Patanol</p> 	<p>Twice per day EVERY DAY</p>	<p>You will need these for many years.</p> <p>Zaditen is cheap and available without a script.</p> <p>Patanol is more expensive and needs a script so we generally use Zaditen first.</p>
<p>Reliever medication</p> <p>Zyrtec or Livostin eye drops</p> 	<p>Up to 4 times per day as needed</p>	<p>Use these as needed but if you use your preventer regularly you hopefully won't need them often.</p>
<p>Chilled non-preserved lubricants</p>	<p>As often as needed</p>	<p>It is a good idea to keep some non-preserved lubricating tear drops in your fridge. These can be very soothing when the eyes are sore and itchy.</p>

- If you are having lots of flare ups then you may need to use stronger medications than these. Consult Dr Cronin if this is the case
- Always have some spare drops available – buy them in bulk online if possible.
- Oral antihistamines are generally not very helpful for itchy eyes
- Drops must be used 5 minutes apart when more than one medication is due in the one eye at the same time
- NO EYE RUBBING!!!!!!!