

# HAY FEVER medications

Items  
Recommended  
for patient  
Self –Care

Examples of products available to purchase  
from local pharmacies and other retail outlets

## Antihistamines

Loratadine	from £1.80 for 14 tablets	Available from pharmacies and other retail outlets
Cetirizine	from £1.80 for 14 tablets	

## Steroid Nasal Sprays

Beclometasone nasal spray	from £4.00	Available in pharmacies. For use in adults >18yrs
Fluticasone nasal spray	from £5.30	

## Eye Drops

Sodium cromoglicate eye drops	from £4.90	Available from pharmacies and other retail outlets
-------------------------------------	------------	---

Talk to your local pharmacist if you need some advice.  
You don't need an appointment!

*If you take care of the little things, your health  
service can keep taking care of you.*



# HAY FEVER and other allergies

Items  
Recommended  
for patient  
Self-Care

**Medicines to treat hay fever and seasonal allergies are readily available to buy from local pharmacies and other retail outlets.**



**Have you thought about talking to your pharmacist about hay fever and allergies and buying what you need?**

Prescribing readily available medication like antihistamines costs the health service millions every year, adding unnecessary strain to local GPs and the health service. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or retail outlet.

Before you speak to a GP, or make a request for a prescription, please talk to your pharmacist and see what's available over the counter.

***If you take care of the little things, your health service can keep taking care of you.***

**HSC** Health and Social  
Care Board