

NASAL SPRAYS

DECONGESTANTS

**** cannot use more than 3 days per month or your nasal congestion will become worse**

Afrin (oxymetazoline)
Zicam (oxymetazoline)
Vicks Sinex (oxymetazoline)
Dristan (oxymetazoline)
Equate Nasal Spray (phenylephrine or oxymetazoline)
Little Remedies Decongestant Nose Drops (phenylephrine)
Wal-Four Nasal Spray (phenylephrine)
Sudafed Blocked Nose Spray (xylometazoline)
Neo-synephrine (phenylephrine)
4-way Fast Acting (phenylephrine)
Otrivine (xylometazoline)

NASAL STEROID SPRAYS

Flonase (fluticasone)
Nasacort (triamcinolone)
Rhinocort (budesonide)
Nasonex (mometasone) - prescription

ANTI-HISTAMINES

Astelin (azelastine)

ANTICHOLINERGIC

Atrovent (ipratropium bromide)