

Nasal Steroid Spray Dosage Table (choose one for chronic nasal congestion caused by environmental/seasonal allergies)

Medicine	Age	Dose
Fluticasone propionate 50mcg/spray (Flonase)	4 years and older	1 spray per nostril daily, if inadequate go to 2 sprays per nostril daily
Fluticasone furoate, 27.5 mcg/spray (Flonase Sensimist)	2-11 years	1 spray per nostril daily
	12 and older	2 sprays per nostril daily for 1 week, then adjust to 1-2 sprays per nostril daily
Triamcinolone (Nasacort)	2-5 years	1 spray per nostril daily
	6-11 years	1 spray per nostril daily, if inadequate go to 2 sprays per nostril daily until symptoms are controlled and then return to 1 spray per nostril daily
	12 years and older	2 sprays per nostril daily, when symptoms are controlled go down to 1 spray per nostril daily
Budesonide (Rhinocort)	6-11 years	1 spray per nostril daily, if inadequate go to 2 sprays per nostril daily until symptoms controlled and then return to 1 spray per nostril daily
	12 years and older	2 sprays per nostril daily, when symptoms are controlled go down to 1 spray per nostril daily
Mometasone (Nasonex)	2 to 11 years	1 spray per nostril daily
	12 years and older	2 sprays per nostril daily

Nasal Anti-Histamine Spray Dosage Table (for chronic nasal congestion caused by environmental/seasonal allergies if steroid spray is insufficient)

Medicine	Age	Dose
Azelastine 0.1%	6 months to 11 years	1 spray per nostril twice a day
Azelastine 0.15%	6-11 years	1 spray per nostril twice a day
Azelastine 0.15%	12 years and older	2 sprays per nostril twice a day