

ALLERGY MEDICATION PLAN

TREATMENT	TIMES PER DAY	DURATION
Preventer medication – these reduce the incidence and severity of allergy attacks Ketotifen / Zaditen or Patanol 	Twice per day EVERY DAY	You will need these for many years. Ketotifen is cheap and available without a script – it is available under many different brand names. Patanol (Olopatadine) is more expensive and needs a script so we generally use Ketotifen first. Your GP or optometrist can prescribe this.
Reliever medication Zyrtec or Livostin eye drops 	Up to 4 times per day as needed	Use these as needed but if you use your preventer regularly you hopefully won't need them often.
Chilled non-preserved lubricants	As often as needed	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.

- 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
- Ketotifen says “do not use for more than 10 days”. This is a legal requirement because it is available without seeing a doctor or optometrist. You can use it for years and years safely.
- Oral antihistamines are generally not very helpful for itchy eyes, they tend to make your eyes drier and therefore more itchy!!
- 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!!!!!!!