Dymista Spray for Allergic Rhinitis / Hay Fever

Dymista is a nasal spray used to control the symptoms of hay fever and allergic rhinitis (allergic nasal inflammation). The spray treats runny and blocked nose, sneezing and itching. Relief of symptoms usually starts within 30 minutes of using Dymista. Dymista is most effective when the spray is used regularly for at least a few days.

Ingredients and Action

Dymista combines two medicines in one treatment. It is a dual action. It contains a fast acting antihistamine called azelastine and a steroid called fluticasone.

Azelastine usually starts to work within 30 to 60 minutes. It takes a few days of regular use for the steroid part of the spray to reduce inflammation. Symptoms control is likely to be fast and to improve over a few days, providing Dymista is used regularly.

The antihistamine effect of Dymista wears off over 12 to 24 hours and the steroid effects usually wear off over a few days after use of Dymista spray is stopped.

Other Allergic Rhinitis Sprays and Treatments

There are alternative nasal sprays to Dymista for the treatment of allergic rhinitis, some of which contain antihistamines and others steroids, in separate sprays. These alternative nasal sprays should NOT be used at the same time (concomitantly) with Dymista.

You should discuss treatment options with your doctor or pharmacist. Alternative nasal sprays to Dymista may control allergic rhinitis symptoms adequately and may be preferred particularly by patients who have mild or occasional symptoms or patients who have responded well to these sprays before.

If you are satisfied with your current allergic rhinitis treatment you should not switch to Dymista unless recommended to do so by a doctor or pharmacist.

Dymista is a spray which works in contact with nasal membranes. Dymista does not replace antihistamine tablets and is not primarily a treatment for dry itchy or inflamed eyes. If allergic rhinitis symptoms are well controlled by Dymista, it is possible other allergic rhinitis treatment, such as antihistamine tablets and eye drops, may no longer be needed.

You must NOT use other allergic rhinitis nasal sprays whilst you are using Dymista.

Dymista from your Pharmacist

The supply of Dymista from your pharmacist without a prescription is a private service for which you will be charged a fee set by your pharmacy.

Dymista is usually a prescription medicine which your pharmacist has special authorisation to supply without a prescription. Your pharmacist will ask you to complete a short form before supplying Dymista. Restrictions apply to the supply of Dymista from pharmacies. If your pharmacist is unable to supply Dymista for you or limits your supply, a doctor may be able to prescribe Dymista for you instead.

Side Effects and Cautions

Serious side effects are unlikely. The commonest side effects are; nosebleed, headache, a bitter taste in the mouth, and an unpleasant smell. For more detail, see the manufacturer's patient information leaflet supplied with Dymista sprays. All patients must read this leaflet before using Dymista.

- Dymista should NOT be used with other nasal sprays for allergic rhinitis. These may contain the same of similar ingredients and you may get a double dose.
- Consult a doctor if allergic rhinitis symptoms are not controlled after using Dymista for 7 days.
- Consult a doctor if symptoms are worsening or if bleeding or ulceration of the nose occurs.
- Dymista should NOT be used continuously from more than 3 months without the approval of a doctor.

Dymista could impair your ability to drive or operate machinery, particularly if used in combination with sedating medications, such as some antihistamine tablets.

Restrictions on supply

Pharmacists are restricted to supplying only one Dymista spray at the time and only three sprays over a period of six months. Pharmacists are not permitted to supply Dymista without a prescription to under-18s. One spray should last one month. Doctors may prescribe Dymista to under-18s, at higher doses and for continuous use over longer periods.

Dosage and usage

Dymista is most effective when used regularly on a twice daily basis for as long as needed. The usual dose is one puff in each nostril twice daily. If used irregularly or on an occasional basis, Dymista will be less effective.

Further information: