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You have been diagnosed with nasal polyps. More information on this is available via https://www.entuk.org/patients/conditions/41/nasal_polyps

As part of your treatment, you have been prescribed the following

1. A course of oral steroids (**Prednisolone**) to shrink the polyps. This is given over a 2-week course with a tapering regimen of 10 milligrams every 2 days until it finishes. This would mean that you would be taking steroid tablets for a total of 20 days. This should be taken after meals once a day. Steroids can cause a fair few side effects. Please read the label of the medications carefully.
2. A course of stomach protection tablets (**Omeprazole / Lansaprazole**). As tablet steroids can cause gastritis, this is a short course of treatment to be taken before you consume the steroid tablets for a total duration of 20 days.
3. A sinus wash for your nose (**NeilMed SinusRinse**). This is to cleanse the nose twice a day before instilling steroid drops and sprays for your nose and should be used long term. Information on how to use it can be found within the bottle itself.
4. A course of steroid nasal drops (**Betnesol nasal drops / Fluticasone nasules**). This is used twice a day and will help reduce inflammation and mucus in your nose and will be for 6 weeks. These should not be used long term as they can contain potent steroids, which can be absorbed into the body. Information on how to use it can be found here <https://www.youtube.com/watch?v=pCVg2BpJp9U>

5. A course of steroid nasal sprays (**Momethasone / Fluticasone / Dymista**). This is used once or twice a day. This is to maintain and continue to reduce the inflammation and mucus in the nose and should be started after the 6-week course of nasal drops. These are usually used long term and are safe to do so. Information on how to use this can be found here <https://www.youtube.com/watch?v=Y8AiBb7IEtw>

You may also have a scan requested of your sinuses.

Many thanks

Yours sincerely

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