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You have been diagnosed with a chronic inflammation of the lining of your nose and / or sinuses.

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

1. A course of tablet antibiotics (**Clarithromycin**) twice daily for 6 weeks. This is to help reduce inflammation and / or infection in your nose and sinus lining. The commonest side effects are diarrhoea and vomiting however there could be other side effects as well. Please read the label of the medications carefully.
2. 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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