



Flonase

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Flonase is a nasal allergy medication. It is a low dose steroid. It works by decreasing inflammation in the nose. It can help with nasal congestion, runny nose and snoring due to nasal congestion.

This medicine must be used daily to be beneficial. It takes using it for >3 weeks to notice a significant benefit.

It can be purchased on Amazon /Costco /Publix /Walgreens, Any pharmacy

There is a Children's version as well for smaller children <4 yo.

Instructions for use:

Spray into each nostril once a day (can be done when child sleeping if they do not tolerate it when awake).



Efficacy of fluticasone nasal spray for pediatric obstructive sleep apnea. Brouillette RT, Manoukian JJ, Ducharme FM, Oudjhane K, Earle LG, Ladan S, Morielli J *Pediatr*. 2001 Jun;138(6):838-44. doi: 10.1067/mpd.2001.114474. PMID: 11391326.

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