Hertfordshire Medicines Management Committee

Intranasal Corticosteroids for Allergic Rhinitis

Recommendations for Choice of Product

Date Decision last revised: November 2010
Decision Status: Final

HMMC Recommendation – the committee recommends use in line with the West Hertfordshire Joint Prescribing Group (WHJPG) decision (see Appendix below). This is now a Hertfordshire wide recommendation.

Recommended choices of intranasal corticosteroids for allergic rhinitis:

1st Line: Beclometasone – prescribe as Beconase® (cheaper than generic)
2nd Line: Budesonide – prescribe as Rhinocort Aqua® (cheaper than generic)
3rd Line: Mometasone (Nasonex®)
OR
Nasofan® – only cost-effective when prescribed by this brand and NOT when prescribed generically as fluticasone propionate or as Flixonase®

Appendix

WHJPG Recommendations for Choice of Intranasal Corticosteroid Products for Allergic Rhinitis

Background

Allergic rhinitis is defined as intermittent (or seasonal) or persistent (or perennial), according to symptom duration or severity.

Intranasal corticosteroids are the most effective treatment option for moderate-severe symptoms and reduce sneezing, rhinorrhoea, itching, post-nasal drip and nasal blockage, and total nasal symptoms scores better than antihistamines.

There are currently 7 intranasal corticosteroids sprays available in the UK. Administration is either once or twice a day, depending on the preparation used. See table 1 for a comparison of licensed doses and costs.

Evidence of Effectiveness

There is no single trial which directly compares the 7 corticosteroids. There have been a number of comparison studies. Results show that they are all (with the exception of fluticasone furoate) equally effective in controlling symptoms of allergic rhinitis, both intermittent and persistent.

There have been two fully published trials for fluticasone furoate compared to placebo which report it to be more effective than placebo for seasonal allergic rhinitis and improved nasal symptoms in perennial allergic rhinitis.

Evidence of Safety

Corticosteroids are known to be potent inhibitors of nearly every component of the growth axis. There are no long-term comparative studies of once-daily administration on growth rate in children and the data from short and intermediate-term studies are very limited. One year intermediate studies suggest that twice daily beclometasone may slow growth rate in prepubertal children, whilst once daily mometasone, triamcinolone, fluticasone propionate and budesonide do not appear to affect growth velocity. It is possible that detectable growth suppression may only be seen with twice daily administration.

The effects of inhaled corticosteroids on growth velocity cannot be extrapolated to intranasal corticosteroids. It is questionable whether the effects on childhood growth seen in these studies result in reduced adult height.

For fluticasone furoate, there has been one short-term (2 week) study compared to placebo in children which measured the effects on lower-leg growth. No differences between treatments were seen.

Local adverse effects are generally minor and easily managed and include irritation of the nasal epithelium, minor nose bleeds and headaches.
Cost Impact and Cost-Effectiveness
It is estimated that over 20% of the UK population suffer from allergic rhinitis and the prevalence has increased over the last three decades.

Current usage in West Herts is approximately £395k per year (ePACT data Dec 08 – Nov 09).

Table 1 – Doses and Costs of Intranasal Corticosteroids

<table>
<thead>
<tr>
<th>Intranasal Corticosteroid</th>
<th>Adult dose</th>
<th>Child dose</th>
<th>Sprays/day</th>
<th>Pack size &amp; Rx Duration</th>
<th>Price Approx price/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beclometasone (Beconase®)</td>
<td>2 x sprays into each nostril bd then 1 spray in each nostril bd</td>
<td>Over 6 years only As for adult</td>
<td>8 reduced to 4</td>
<td>200 doses 50 days</td>
<td>£2.19 4 sprays = 4p</td>
</tr>
<tr>
<td>Beclometasone (non-proprietary)</td>
<td></td>
<td></td>
<td></td>
<td>200 doses 50 days</td>
<td>£3.05 (cat M) 4 sprays = 6p</td>
</tr>
<tr>
<td>Budesonide (Rhinocort Aqua®)</td>
<td>2 sprays in each nostril od or 1 spray in each nostril bd then reduce to 1 spray in each nostril od</td>
<td>Not to be used in children under 12 years</td>
<td>4 reduced to 2</td>
<td>120 doses 60 days</td>
<td>£2.49 2 sprays = 4p</td>
</tr>
<tr>
<td>Budesonide (non-proprietary)</td>
<td></td>
<td></td>
<td></td>
<td>200 doses 100 days</td>
<td>£5.76 2 sprays = 6p</td>
</tr>
<tr>
<td>Flunisolide (Syntaris®)</td>
<td>2 sprays in each nostril bd, ↑ tds if needed then ↓ for maintenance</td>
<td>5-14 yrs 1 spray in each nostril tds</td>
<td>8 – 12 max</td>
<td>240 doses 30 days</td>
<td>£5.05 8 sprays = 17p</td>
</tr>
<tr>
<td>Fluticasone Propionate (Flixonase®)</td>
<td>2 sprays in each nostril od, ↑ bd if required, then ↓ to 1 spray in each nostril od</td>
<td>4-11 yrs 1 spray in each nostril od, ↑ bd max</td>
<td>4 – 8, reduced to 2</td>
<td>150 doses 75 days</td>
<td>£11.01 2 sprays = 14.5p</td>
</tr>
<tr>
<td>Fluticasone Propionate (Nasofan®)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>£8.41 2 sprays = 11p</td>
</tr>
<tr>
<td>Mometasone (Nasonex®)</td>
<td>2 sprays in each nostril od, ↑ 4 sprays if needed, then ↓ 1 spray in each nostril od</td>
<td>6 – 11 yrs 1 spray in each nostril od</td>
<td>4 – 8, reduced to 2</td>
<td>140 doses 70 days</td>
<td>£7.68 2 sprays = 11p</td>
</tr>
<tr>
<td>Triamcinolone (Nasocort®)</td>
<td>2 sprays in each nostril od, ↑ 1 spray in each nostril od</td>
<td>5 – 12 yrs 1 spray in each nostril od</td>
<td>4 reduced to 2</td>
<td>120 doses 60 days</td>
<td>£7.39 2 sprays = 12p</td>
</tr>
<tr>
<td>Fluticasone Furoate (Avamys®)</td>
<td>2 sprays in each nostril od, ↑ 1 spray in each nostril od</td>
<td>6 – 12 yrs 1 spray in each nostril od</td>
<td>4 reduced to 2</td>
<td>120 doses 60 days</td>
<td>£6.44 2 sprays = 11p</td>
</tr>
</tbody>
</table>

WHJPG Recommendation
Following a review of the evaluated published evidence, cost-effectiveness and safety, West Hertfordshire Joint Prescribing Group recommends the following choices of intranasal corticosteroids:

1st Line: Beclometasone – prescribe as Beconase® (cheaper than generic)
2nd Line: Budesonide – prescribe as Rhinocort Aqua® (cheaper than generic)
3rd Line: Mometasone (Nasonex®)
OR Nasofan® – only cost-effective when prescribed by this brand and NOT when prescribed generically as fluticasone propionate or as Flixonase®

This information is based on evidence at the time of publishing and will be reviewed in 2 years or sooner in the light of new available evidence.

Approved: February 2010 Review Date: February 2012

References:
2. UKMI New Medicines Profile Issue No. 09/03 – Fluticasone Furoate Nasal Spray May 2009 Drug Tariff, February 2010
3. Drug Tariff February 2010