

REFERRAL FOR ALLERGIC RHINITIS TO A SPECIALIST ENT

Indications for referral include:

A. IMMEDIATE REFERRAL TO A&E

- Presence of periorbital cellulitis.
- Nasal septum perforation, ulceration, or catarrh.

B. ROUTINE REFERRAL TO A SPECIALIST

Referral should be considered if either:

- Refractory to treatment e.g. 6 weeks with nasal steroids
- Unilateral nasal symptoms
- Nasal discharge of mucus and blood.
- Upper nasal cavity crusts.
- Recurrent cellulitis.

Below is a reference to the proposed treatment pathway for the management of allergic rhinitis.

Source:

<https://westsexccg.nhs.uk/your-health/medicines-optimisation-and-pharmacy/clinical-guidelines-and-prescribing-formularies/12-ear-nose-and-oropharynx/3107-allergic-rhinitis-pathway/file>

