

Kenalog injection for severe hayfever

Here is some clear information about the steroid injection for hay fever. Hopefully this will answer any questions you may have! There is also lots of useful information available online to help you with this decision

If you have any more questions feel free to ask the pharmacist during your appointment.

Why do you need a steroid injection?

A steroid injection is used to treat severe cases of hay fever. This normally becomes evident when you have tried treating your hay fever symptoms with antihistamine tablets, steroid nasal sprays and mast-cell stabilizer eye drops without much success.

The hay fever season runs from about March until late September. The beginning of the season will be mainly tree pollen with grass pollens being around late summer.

These pollens can cause your immune system to react and cause symptoms such as itchy eyes, nose and throat, sneezing, coughing and sometimes a wheezy chest.

When your body's immune system is trying to stop all this happening it is using up a lot of energy and can cause a lot of fatigue. This energy can be used in much more useful ways!

Having a one time injection can cover you for most of the hay fever season and improve your quality of life through the summer 'sunny' months.

What's in the injection?

In one Kenalog injection you receive 40mg of Triamcinolone acetonide, this is a corticosteroid.

The main effect of a corticosteroid is to reduce allergic response and inflammatory response within your body.

This does not cure hay fever but it can suppress the immune system to relieve symptoms, this can last a whole hay fever season if used at the right time.

The injection is in to the buttock muscle and is not usually a painful procedure.



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Side effects

As this injection is designed to last then any side effects experienced can also last for up to 3 weeks. The side effect profile for steroid injections is relatively small.

Common side-effects (may affect up to 1 in 10 people)

- Soreness / bruising
- Increase of pain at the injection site
- Small area of fat loss (skin dimpling) at the site of injection
- Change in skin colour around the site of injection
- Light headedness
- Flushing or redness of the face for a few hours up to 24 to 48 hours

Rare

- Haematoma (localised collection of blood) at the site of injection
- Fainting
- Worsening pain – for example from irritation of a nerve by the injection needle

Very rare

- Infection at the site of injection.
If the area becomes red, hot, swollen and painful for more than 24 hours, or if you feel generally unwell, you should contact your Podiatric Surgery Team immediately. If they are unavailable, you should seek advice from your GP or Accident and Emergency (A&E) department
- Convulsion (fits)
- Cardiac arrest (stopping of the heart)
- Anaphylactic reaction (allergic reaction)
- Slight vaginal bleeding / menstrual irregularities. If it lasts longer than one cycle you should see your doctor
- All steroids can occasionally cause mental health problems – this usually happens with much higher doses than the Kenalog injection

These non-medical tips can help control your hay fever

- Stay indoors on high pollen count days
- Keep skin covered – pollen on the skin can trigger the allergy
- Have showers after being outside to wash off any pollen
- Coat the inside of the nose with Vaseline to trap pollen



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Non-prescription medication

These treatments can be bought over the counter or supplied on the Common Ailment Scheme which is funded by NHS Wales.

- Antihistamine tablets – cetirizine, loratadine, chlorphenamine
- Steroid nasal spray – beclomethasone spray
- Mast-cell stabilizer eye drops – sodium cromoglicate eye drops

One injection per season only £70

See our website for info and to book an appointment

www.hopwoodspharmacy.co.uk