

Vasomotor Rhinitis

What is vasomotor rhinitis?

Vasomotor rhinitis is a runny nose that is not caused by an allergy or cold. Other names for this problem are idiopathic rhinitis and nonallergic rhinitis.

What is the cause?

Vasomotor rhinitis happens if the nose makes more mucus when the temperature or humidity changes. It can be caused by changes in things like the weather, odors, alcoholic drinks, spicy foods, changes in the weather, and emotions.

What are the symptoms?

You have a runny or stuffy nose. Unlike a runny nose caused by allergies, there is usually no itching or sneezing.

How is it diagnosed?

There is no specific test for this problem. Your healthcare provider will ask about your medical and family history. Your provider will see if there are any other possible causes of your symptoms. For example, your provider may check for signs of allergies.

How is it treated?

If you need treatment, it may depend on whether you have a runny nose or a stuffy nose.

- If a runny nose is the only symptom, then a nasal spray with the medicine ipratropium is the first choice.
- If nasal congestion is the only symptom, nasal steroid sprays usually work best. Using a steroid for a long time can have serious side effects. Take steroid medicine exactly as your healthcare provider prescribes. Don't take more or less of it than prescribed by your provider and don't take it longer than prescribed. Don't stop taking a steroid without your provider's approval. You may have to lower your dosage slowly before stopping it.

If you have more than 1 symptom or if the medicines mentioned above are not working, then your provider may recommend a prescription antihistamine that you can spray into your nose. Antihistamine tablets are for allergies and do not usually help vasomotor rhinitis, but spraying the medicine directly into the nose is helpful for most people with this problem.

Getting more exercise may help your nose be less congested.

How long will the effects last?

The condition is usually lifelong. However, you may lessen the symptoms by avoiding the irritants that seem to cause problems for you.

How can I help prevent vasomotor rhinitis?

Doctors don't know how to prevent vasomotor rhinitis.

Developed by RelayHealth.

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