American College of Allergy, Asthma & Immunology

American Rhinologic Society

Treating Chronic Rhinosinusitis with Nasal Polyps

Use this tool to help find relief

Welcome

Chronic rhinosinusitis with nasal polyps is a condition that can cause sinus and nose stuffiness and loss or change of smell that interferes with your quality of life. If you've had symptoms that continue to bother you, treatment may help. This tool prepares you to talk with your otolaryngologist (ENT) or allergist to decide what treatments are best for you.

The tool is easy to use:

1. Read about different treatment options.
2. Respond to a few simple statements based on your lifestyle and preferences.
3. Mark your answers and bring them to your next appointment, or have them in front of you for a telehealth appointment.

Note: The information and materials here are intended solely for the general information of the reader. They are not to be used for treatment purposes, but rather for discussion with the patient's allergist or ENT. The information presented here is not intended to diagnose health problems nor take the place of professional medical care.

Treatments that have not been approved by the Food and Drug Administration (FDA) are not included in the tool.

Let's get started!

About Chronic Rhinosinusitis with Nasal Polyps

People with chronic rhinosinusitis (sinus and nose stuffiness that bothers you) have a one in four – or greater – chance of developing nasal polyps. Nasal polyps are growths in the lining of the nose or sinuses. Although they are most common in people 40 to 60 years old or who have asthma, anybody can develop nasal polyps. While nasal polyps are not cancerous, they are uncomfortable and can make you miserable. For months or even years you may have had a stuffy nose, loss of smell, facial pressure, or nasal drainage. These problems can interfere with your quality of life.

Nasal polyps are diagnosed by a nasal endoscopy (a tiny camera inserted in your nose) and/or CT scan (an image of your nose and sinuses). There are a variety of treatment options for nasal polyps, ranging from nasal sprays to surgery to newer medications called biologics. Your doctor may offer different options depending on whether this is the first time you've sought treatment or you've been treated with sinus surgery and it is no longer helping.

If you are seeking care for your nasal polyps for the first time, see the next page.

If you have had sinus surgery for nasal polyps but they came back, see page 4.

First-time Treatment for Nasal Polyps

If this is the first time you are getting treated for nasal polyps, you and your doctor will talk about several options. Together you will choose which treatment option might work best for you, based on your health and your lifestyle. You may have better success if you use several treatments at the same time. Talk with your doctor about what treatment or combination of treatments might work best for you.

The following chart explains more about your treatment options.

First-time Treatment	Corticosteroid nasal spray or rinse	Fluticasone breath-powered corticosteroid device (Xhance®)	Surgery	BIOLOGICS	
				Dupilumab (Dupixent®)	Omalizumab (Xolair®)
How are they used?	Taken by nasal spray or nasal wash	Taken by breath-powered delivery system into the nose (Online videos can show you how it's done)	Tiny instruments and a camera are inserted through your nostrils and the polyps are removed	Injected under the skin in one or two doses at the doctor's office initially, followed by an injection every other week at the doctor's office or self-injected at home once taught	Injected at the doctor's office every two or four weeks depending on your serum IgE and weight
What are the advantages?	Simple to use There are several over-the-counter options Inexpensive	May reach areas of the sinuses better than corticosteroid sprays	Removes the polyps May make the sinus opening larger to help delivery of medications One-time cost	May be a good option for patients who cannot have surgery due to poor lung function, certain heart conditions, or other health conditions, or do not want surgery May help if symptoms continue after surgery	May be a good option for patients who cannot have surgery due to poor lung function, certain heart conditions, or other health conditions, or do not want surgery May help if symptoms continue after surgery
What are the possible side effects and disadvantages?	May cause nosebleeds Burning, stinging or crusting in the nose May not work for large polyps Must be used twice a day, every day	Requires breathing coordination and may be difficult if you are unable to strongly breathe out Must be used every day	You likely will need to continue using corticosteroid sprays You may also need to take biologics to get long-term relief	You may need to take the therapy long term to achieve continued relief You may need to continue corticosteroids by nasal spray or nasal rinse You may still need to have surgery Because this treatment is newer, there is no long-term information about safety Pain, burning or irritation where it is injected	You may need to take the therapy long term to achieve continued relief You may need to continue corticosteroids by nasal spray or nasal rinse You may still need to have surgery. Can cause an allergic reaction, including one that may be life-threatening (anaphylaxis, rare) Pain, burning or irritation where it is injected
What is your cost for the treatment?	$ Work with your doctor to determine what it will cost based on your insurance	$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available

First-time Treatment	Corticosteroid nasal spray or rinse	Fluticasone breath-powered corticosteroid device (Xhance®)	Surgery	BIOLOGICS	
				Dupilumab (Dupixent®)	Omalizumab (Xolair®)
What else should I know?	Corticosteroid medication is usually the first option for nasal polyps There are several brands of corticosteroids You also may benefit from receiving oral corticosteroids and antibiotics for a short time	Only available in one corticosteroid type, fluticasone	Surgery is usually an option only if corticosteroid sprays and a short course of corticosteroids don't work May not be a good option good for those who have poor lung function, certain heart conditions, or other health conditions	Biologic treatment is usually only an option if corticosteroid sprays and a short course of oral steroids don't work or if you are unable to have surgery If you have asthma and/or eczema (atopic dermatitis) dupilumab may be a good option because it might help all three conditions	Biologic treatment is usually only an option if corticosteroid sprays and a short course of oral steroids don't work or if you are unable to have surgery If you have asthma and/or chronic hives, omalizumab may be a good option because it might help all three conditions

Your Turn

The next step is to talk about these treatments with your doctor. To help you determine what might work best for you, answer the following statements, choosing Yes or No, using **Y** or **N**.

- ☐ I don't mind giving myself an injection every two weeks
- ☐ I am not concerned about daily use of corticosteroid sprays
- ☐ The cost of the treatment will factor into my decision to try it
- ☐ I don't worry about long-term effects of medications
- ☐ I am fine with having surgery
- ☐ Spraying medications in my nose does not bother me
- ☐ I prefer treatment that may provide a long-lasting solution

Get Results!

Mark your answers and bring them to your next appointment with your allergist or ENT or have them in front of you for a telehealth appointment.

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Insert Dr. Name Here

Insert Practice Name Here

Insert Practice Contact Information Here

Insert Additional Information Here

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Treatment for Nasal Polyps That Have Recurred After Sinus Surgery

If you've had surgery and your nasal polyps have come back, you and your doctor will talk about several options to provide relief, including another surgery. Together you will choose which treatment option works best for you, based on your health and your lifestyle. You may have better success if you use more than one treatment at the same time, especially if your condition is more severe or you have moderate or severe asthma.

The following chart explains more about your treatment options.

Treatment After Recurrence	Corticosteroid nasal spray or rinse	Fluticasone breath-powered corticosteroid device (Xhance®)	Surgery	BIOLOGICS		Sinus implants (Sinuva®)
				Dupilumab (Dupixent®)	Omalizumab (Xolair®)	
How are they used?	Taken by nasal spray or nasal wash	Taken by breath-powered delivery system into the nose (Online videos can show you how it's done)	You may need another surgery, in which polyps are removed by inserting tiny instruments and a camera through your nostrils	Injected under the skin in one or two doses at the doctor's office initially, followed by an injection every other week at the doctor's office or self-injected at home once taught	Injected at the doctor's office every two or four weeks depending on your serum IgE and weight	Tiny steroid-coated implants called stents are placed in your sinuses and the drug is slowly released The stents dissolve over several weeks
What are the advantages?	Simple to use There are several over-the-counter options Inexpensive	May reach areas of the sinuses better than corticosteroid sprays	Removes the polyps May help delivery of medications into the sinuses One-time cost	May be a good option for those who have had multiple surgeries without benefit or who cannot have surgery due to poor lung function, certain heart conditions or other health conditions May help if symptoms continue after surgery	May be a good option for those who have had multiple surgeries without benefit or who cannot have surgery due to poor lung function, certain heart conditions or other health conditions May help if symptoms continue after surgery	Can be done in the doctor's office
What are the possible side effects and disadvantages?	May cause nosebleeds Burning, stinging or crusting in the nose May not work for large polyps Must be used twice a day, every day	Requires breathing coordination and may be difficult if you are unable to strongly breathe out Must be used every day	You may need to continue taking corticosteroid sprays You may also need to take biologics to get long-term relief	You may need to take the therapy long term to achieve continued relief You may need to continue corticosteroids by nasal spray or nasal rinse You may still need to have surgery Because this treatment is newer, there is no long-term information about safety Pain, burning or irritation where it is injected	You may need to take the therapy long term to achieve continued relief You may need to continue corticosteroids by nasal spray or nasal rinse You may still need to have surgery Can cause an allergic reaction, including one that may be life-threatening (anaphylaxis, rare) Pain, burning or irritation where it is injected	The implant effect lasts several months. Therefore, you may need to have repeated procedures. You may need to continue taking corticosteroids by nasal spray or nasal rinse
What is your cost for the treatment?	$ Work with your doctor to determine what it will cost based on your insurance	$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available	$$-$$$ Work with your doctor to determine what it will cost based on your insurance Financial assistance may be available

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				Dupilumab (Dupixent®)	Omalizumab (Xolair®)	
What else should I know?	You also may benefit from receiving oral corticosteroids and antibiotics for a short time	Only available in one corticosteroid type, fluticasone	May not be a good option for those who have poor lung function, certain heart conditions, or other health conditions	If you have asthma and/or eczema (atopic dermatitis), dupilumab may be a good option because it might help all three conditions	If you have asthma and/or chronic hives, omalizumab may be a good option because it might help all three conditions	This is an option only after sinus surgery. May need to be repeated

Your Turn

The next step is to talk about these treatments with your doctor. To help you determine what might work best for you, answer the following statements, choosing Yes or No, using **Y** or **N**.

- ☐ I don't mind getting an injection every two to four weeks
- ☐ I am not concerned about using corticosteroid sprays every day
- ☐ I am comfortable having surgery again
- ☐ The cost of the treatment will factor into my decision to try it
- ☐ I don't worry about long-term effects of medications
- ☐ I am fine with the idea of medication left in my nose to treat my polyps
- ☐ I am OK with having a procedure
- ☐ Taking medications daily in my nose or by mouth would not be a problem

Get Results!

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