

When their hay fever struggle continues...

# Discuss Dymista<sup>®</sup> CONTROL

**DOUBLE ACTION**

The  
**ONLY OTC**  
nasal spray to combine  
**inflammation-fighting  
steroid** and  
**anti-allergy  
antihistamine**<sup>1,2</sup>

## **FASTER AND MORE EFFECTIVE AT REDUCING ALL EYE AND NOSE SYMPTOMS**

than a steroid nasal spray alone,  
fluticasone propionate (FP)<sup>3</sup> or FP +  
oral antihistamine, loratadine (LORA)<sup>4</sup>

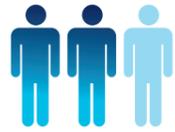


**The only OTC 2-in-1 solution<sup>2</sup>**  
for adults with moderate-to-severe  
hay fever who have tried  
a steroid nasal spray<sup>1</sup>

**Dymista<sup>®</sup>  
CONTROL**

azelastine hydrochloride /  
fluticasone propionate

## People with hay fever may be struggling



**Up to 2 in 3 people** with hay fever have moderate-to-severe symptoms<sup>5</sup> that are bothersome enough to reduce quality of life:<sup>6,7</sup> including disruption to sleep, daily tasks, outdoor activities and work.<sup>8</sup>



Many hay fever sufferers frequently experience severe symptoms while taking treatment.<sup>8</sup>

**Almost 3 in 4 people** use multiple medicines, often at the same time.<sup>8,9</sup>



**Many become trapped in a cycle of insufficient relief,<sup>7-9</sup>** using 3 or more medicines before speaking to a pharmacist.<sup>7</sup>

### YOU CAN MAKE A DIFFERENCE

**7 in 10 people**  
follow their pharmacist's  
advice on hay fever products<sup>7</sup>



**Recommended by  
The British Society for Allergy  
& Clinical Immunology (BSACI)<sup>10</sup>**

Treatment with a combined intranasal steroid and antihistamine is more effective than either agent used alone<sup>10</sup> or than using a steroid nasal spray + oral antihistamine.<sup>4</sup>

## Dymista® CONTROL can break their cycle of insufficient relief

**More effective at reducing all  
EYE and NOSE symptoms of hay fever**

than a steroid spray alone<sup>1,3</sup> or in combination with oral antihistamine.<sup>1,4</sup>



itchy,  
watery eyes



sneezing



a runny nose &  
nasal congestion



### Discussing Dymista® CONTROL is as simple as...

**1**

#### Assess hay fever symptoms

Are your symptoms bothersome, affecting your sleep or other aspects of daily life?

**Yes**

symptoms are bothersome;  
hay fever is moderate-to-severe

**2**

#### Query previous treatment

Have you used a steroid nasal spray for hay fever before?

**Yes**

symptoms are not sufficiently  
relieved with steroid sprays

**3**

#### Check for contraindications\*

Are you pregnant or breastfeeding and/or using other medicines containing corticosteroids?

**No**

contraindications

**Recommend  
Dymista® CONTROL**

\*Refer to sections 4.3 and 4.4 of the SmPC



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# Using Dymista® CONTROL



**1 bottle** provides  
**1 month** of relief  
for all eye and nose  
symptoms<sup>1†</sup>



**1 spray** per nostril,  
**twice daily**  
(morning and  
evening)<sup>1</sup>

People with hay fever can use Dymista® CONTROL for 3 months continuously – relief for their entire allergy season. For use beyond 3 months, refer them to a GP.<sup>1</sup>  
If hay fever symptoms persist after 7 days of using Dymista® CONTROL, the patient should visit their GP to rule out an alternative diagnosis.<sup>1</sup>

<sup>†</sup>RRP: £19.99 per bottle (120 sprays) 4 sprays a day: 67p a day.

## Dymista® CONTROL

has an established safety profile and is well tolerated<sup>1,3</sup>

**Side effects are mostly mild and typical of those reported with AZE and FP:<sup>1</sup>**

- Nosebleeds (very common)
- Headache (common)
- Unpleasant taste or smell (common)

Please consult the Dymista® CONTROL SmPC for full safety information.



**DY**

**2 actives**  
Antihistamine (AZE) and  
steroid (FP)<sup>1</sup>

**MIST**

**1 spray<sup>1</sup>**

**A(HHH!)**

**faster,  
more effective relief<sup>‡</sup>**  
vs FP alone<sup>9</sup> or FP + LORA<sup>4</sup>

<sup>‡</sup>As supported by BSACI guidelines<sup>10</sup>

For further information, visit our website at  
[dymistacontrol.co.uk](https://dymistacontrol.co.uk)

For product information  
scan this QR code:



**AZE** = azelastine hydrochloride; **BSACI** = The British Society for Allergy & Clinical Immunology; **FP** = fluticasone propionate; **GP** = general practitioner; **LORA** = loratadine; **OTC** = over-the-counter; **RRP** = recommended retail price.

### References:

**1.** Dymista® CONTROL Summary of Product Characteristics. Available online: <https://www.medicines.org.uk/emc/product/100435/smpc/print> [Accessed: January 2026]. **2.** OTC Directory. Available online: <https://www.otcdirectory.co.uk/> [Accessed: January 2026]. **3.** Meltzer E, et al. *Int Arch Allergy Immunol.* 2013;161:369–377. **4.** Bousquet J, et al. *J Allergy Clin Immunol Pract.* 2018;6(5):1726–1732. **5.** Canonica G, et al. *Allergy.* 2007;62(suppl 85):17–25. **6.** Canonica G, et al. *World Allergy Organ J.* 2008;1(9):138–144. **7.** Viatris Dymista® CONTROL Consumer Research. December 2025. **8.** Carr W, et al. *J Allergy Clin Immunol.* 2012;129(5):1282–1289.e10. **9.** Pitman R, et al. *Allergy.* 2012;67(suppl 96):342–342. **10.** Scadding G, et al. *Clin Exp Allergy.* 2017;47:856–889.

**Legal category:** P. **Cost:** £13.72 (trade price).

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