Intranasal ipratropium provides benefit in both anterior rhinorrhea and postnasal drip in adult patients.

**RATIONALE**
- In rhinitis, intranasal ipratropium (INI) has been found effective for treatment of anterior rhinorrhea (ARH), but not consistently for postnasal drip (PND)
- We hypothesized that with its localized anti-cholinergic effects reducing nasal mucus production, INI could benefit PND

**METHODS**
- We identified adult patients with rhinitis in the Saint Louis University Allergy/Immunology clinic who had been prescribed INI
- We evaluated patients for subjective improvement based on their initial complaints

**CONCLUSION**
- In this exploratory study, addition of INI provided subjective benefit for both ARH and PND in adults

**FURTHER INVESTIGATION**
- A prospective study of INI in ARH and PND is underway
- A randomized, placebo-controlled trial ultimately is needed to confirm or refute these results

Real Life Use of Intranasal Ipratropium in Rhinitis: Impact on Anterior Rhinorrhea and Postnasal Drip

**PRESENTER:** Neha Yakhmi, MD

**DEMOGRAPHICS**
- 149 patients identified
  - 109 (73%) women, 40 (27%) men
  - Mean age 54.7 (range 24-86) years
  - 85 (57%) with allergic rhinitis
  - 42 (28%) with non-allergic rhinitis
  - 16 (10%) with mixed rhinitis
  - 16 (10%) with gustatory rhinitis
  - 3 (2%) with unclassified/chronic rhinitis

**Comorbidities**
- Atopic dermatitis
- Asthma
- Eczema
- Sinusitis

**Prior to starting INI**
- # of Patients
  - No medications
  - Saline nasal rinse
  - On OAH alone
  - On INCs w/o INAH
  - On INAH w/o INCs
  - On INCs + INAH

**Symptom Improvement with INI by Rhinitis Type**

**Number of Patients**
- 73% Improved
- 60% Improved
- 82% Improved