

## **Flying Solutions for Patients with Eustachian Tube Dysfunction**

The following combination of medication used with the appropriate earplugs will help you during your upcoming flight to reduce pain and pressure in the ears. All of the following products could be purchased at your local pharmacy and are available without a prescription. Generic or store brand products are acceptable.



- **Afrin. Active ingredient: Oxymetazoline. Use 2 sprays in each nostril 30 minutes before take-off and landing.**



- **Sudafed. Active ingredient: Pseudoephedrine. Take as directed 30 minutes before take-off. Depending on how long your flight is, you may need a second dose to control symptoms for the duration of the flight.**



- **Earplanes (ear plugs). Insert in both ears upon take-off and leave in for the duration of the flight.**

*This educational material is designed for use by Physicians to assist in the physician-patient discussion. It is not intended for use as the primary basis for medical judgments or decisions and does not replace the personal consultation between physicians and their patients. Our best effort was made to ensure the material posted on this website is correct and up to date, however, the creators of this website disclaim responsibility and liability for the use of any information obtained from this educational material.*

