High-dose steroid nasal spray is better than nasal irrigation in non-operated chronic rhinosinusitis

A randomized clinical trial

Participants

Adults with severe primary diffuse CRS

- No previous sinonasal surgery
- On waiting list for surgery in a public health service

Primary outcome

SinoNasal Outcome Test 22

Secondary outcomes

- **Nasal endoscopy (Lund-Kennedy Endoscopic Score)**

- **Clinical control questionnaire (EPOS 2020)**

76 Patients randomized

67 Analyzed

- 38 women, 29 men
- Mean age: 45,6 y

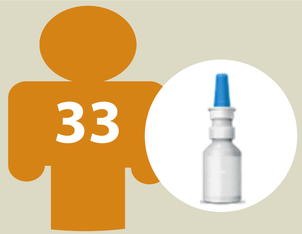
Intervention

Irrigation group

1,000 µg/day budesonide

- **via nasal irrigation**
- **3 months**

Spray group

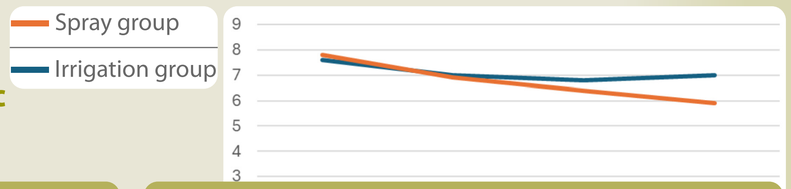


1,000 µg/day budesonide

- **via nasal spray**
- **3 months**

Findings

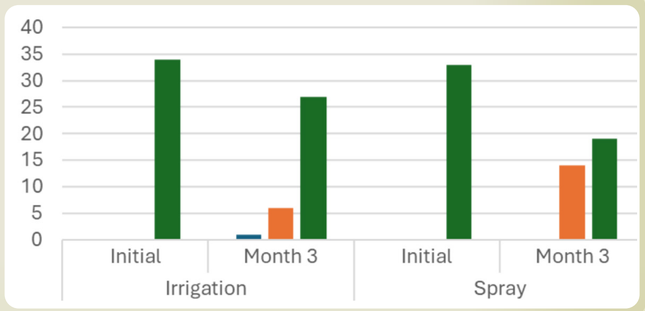
Spray Group showed greater efficacy in improving endoscopic outcomes



- **Across total sample**
- **Particularly in CRSwNP and CCAD**

Spray Group showed greater efficacy in reducing the number of uncontrolled patients

- **Total sample + CRSwNP**



Spray vs irrigation

Improvements observed in spray group:

- **Greater improvement in endoscopic outcomes**
- **Greater reduction of uncontrolled cases**
- **Neither was superior in SNOT-22 score improvement**

- **Total sample**
- **Specific phenotypes**

Luz-Matsumoto GR, Marchetti E, Gregorio L, et al. Rhinology 2026. https://doi.org/10.4193/Rhin24.532

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