

# Fluticasone Inhaler

Fluticasone inhaler is a steroid inhaler that helps to reduce and prevent swelling and inflammation in the lungs. Fluticasone inhaler is normally referred to as a 'controller' inhaler as it helps to control symptoms such as breathlessness in asthma or chronic obstructive pulmonary disease (COPD). COPD is a disease affecting the lungs which make it harder for the person to breathe as the disease gets worse.

## What is this medication for? ^

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## How should I take/use this medication? ^

- Use your Fluticasone inhaler every day to control your condition, unless otherwise informed by your healthcare professional.
- Please refer to your Fluticasone inhaler's patient information leaflet to learn how to use the inhaler.

## What should I do if I forget to take/use this medication? ^

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

## What precautions should I take? ^

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You are taking oral medications to treat fungal infections such as itraconazole or ketoconazole.

Fluticasone inhaler will not stop an asthma attack that has already started as it takes a longer time for the medication to work. Thus, you should always carry a fast-acting inhaler, such as Salbutamol inhaler, that would open up your airways quickly to relieve your breathlessness during an asthma attack. Fast-acting inhalers are normally referred to as 'reliever' inhalers.

Please see your healthcare professional if your asthma symptoms get worse. The signs include:

- Having to use your 'reliever' inhaler more often than before
- Your wheezing (a high-pitched whistling sound made while breathing) or chest tightness gets worse
- Your 'reliever' inhaler doesn't help you as well as before

These symptoms may mean that your condition could be getting worse and you may need extra treatment.

## What are some side-effects that I need to seek medical advice immediately? ^

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## What are some other side-effects of this medication? ^

- Increase chance of having throat irritation, oral fungal infection (seen as white patches in mouth), hoarseness of voice and coughing
  - You can prevent these side effects by rinsing your mouth with water and spitting the water out after rinsing, after using your Fluticasone inhaler.
  - You can brush your teeth each time after you use your Fluticasone inhaler.
  - Using a spacer device can also reduce these side effects.
- Increase chance of getting lung infection

## How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

## When should I throw away the medication?

For controller inhalers with dose counter, check the dose counter and change the canister once the dose counter indicates zero [000] doses.

For controller inhalers without dose counter, mark the date of opening and based on the dosing regimen, throw away when the doses are used up.

## How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons), Pharmaceutical Society of Singapore and Ministry of Health.*

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