FLUTICASONE AND SALMETEROL

floo-tik-ah-sone and sal-me-ter-ol

What does it do?

Fluticasone and *salmeterol* help to prevent symptoms of asthma and COPD. *Fluticasone* is a steroid medicine that reduces the swelling of your airways and *salmeterol* opens narrowed airways, making it easier to breathe.

Before you start

- Tell your doctor if you have osteoporosis (weak bones).
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Inhale *fluticasone* and *salmeterol* regularly as directed by your healthcare professional. It works best when you use it every day. Rinse your mouth after use.

Accuhaler: Only slide the lever when you are ready to inhale the dose. If you do this more than once, you will only get one dose and the others will be lost.

If you need quick relief from asthma symptoms or breathing problems, use your 'reliever' medicine (e.g. salbutamol, terbutaline, ipratropium).

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inhale your next dose at the usual time. Otherwise, inhale the missed dose as soon as you remember. Do not inhale two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting	Tell your doctor
Small white sores in mouth, furry tongue (oral thrush)	Tell your health professional
Dry mouth or throat, hoarse voice Shaking, muscle cramps	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop using your inhaler without talking to your doctor first.
- Some people with asthma may get short of breath after taking certain pain-relieving medicines such as aspirin (e.g. Aspec®), diclofenac (e.g. Voltaren®) or ibuprofen (e.g. Nurofen®). Talk to your healthcare professional.
- Long-term use of *fluticasone* may rarely cause effects such as: round face, change in body shape, change in hair growth, thin skin, weak bones, increased risk of infection, increased blood pressure, changes in vision, and diabetes – discuss with your healthcare professional.
- Using inhalers can very rarely make breathing worse. Discuss this with your healthcare professional.