

# Fluticasone Inhalation

(flew-TIH-cah-sonə)

(Flovent®)



## Asthma Education Clinic

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[www.bcchildrens.ca](http://www.bcchildrens.ca)

## What is fluticasone?

Fluticasone is an inhaled corticosteroid, commonly referred to as an inhaled “steroid”. It is used for long-term control of asthma symptoms. The brand name for this medicine is called Flovent®. It reduces the inflammation in the airways of the lungs, which helps prevent your child from having an asthma attack. Fluticasone is given through a metered-dose inhaler (MDI or “puffer”) or a dry-powder inhaler (Diskus®).

## Special instructions

- ▶ Fluticasone is used to prevent an asthma attack. We call it a “preventer” medicine. It is important that your child takes fluticasone regularly as prescribed even when he or she is not having symptoms and looks well.
- ▶ Do not stop using unless told to do so by your child’s doctor.
- ▶ Fluticasone will not stop your child’s asthma attack. If your child is having an asthma attack, you should give a “reliever” medicine (eg. salbutamol or terbutaline)
- ▶ Shake the MDI inhaler well before use. Do not shake the dry-powder inhaler (Diskus®).
- ▶ It is strongly recommended that your child use a spacer with the MDI inhaler. Using a spacer with a MDI inhaler is very important to help get the medicine into the lungs and work better.
- ▶ Rinse your child’s mouth out with water and have him or her spit after each use. If your child is too young to spit, simply have him or her take a drink of water. If your child uses a spacer with mask, gently wipe your child’s face with a wet washcloth after each use.
- ▶ It may take a few weeks for this medicine to work
- ▶ Keep this medicine out of the reach of children.
- ▶ Read and follow all instructions provided with inhaler. Ask your child’s doctor, pharmacist, or certified asthma educator if you have any questions about how to use the inhaler. You must use this medicine correctly for the medicine to work as it was intended.

## Dose counting

Keep track of how many doses of your child’s medicine are remaining and get a new prescription before it runs out.

## Metered-dose inhaler

The metered-dose inhaler (MDI) does not have a dose counter. Keep track of how many doses you have used on a calendar or by another other convenient method. Get a new inhaler when there are 20 doses remaining. The MDI will still make a sound when you shake it even if it is empty because there will be propellant left. Discard the inhaler when it is empty.

## Diskus®

The dry-powder inhaler (Diskus®) has a dose counter which tells you the number of doses remaining. It counts down from 60 to 1. The numbers appear in red when the last five doses have been reached. Get a new inhaler before the last 5 doses have been reached.

If you miss a dose

## If you miss a dose

- ▶ If you miss a dose or forget to give this medicine, give it as soon as you remember unless it is almost time for the next dose, then skip the missed dose. Do not give extra medicine to make up for the missed dose. If you are unsure what to do about a missed dose, contact your doctor or pharmacist.

## Common side effects

**Call your child’s doctor if the following effects continue or are bothersome:**

- ▶ Hoarseness or sore throat
- ▶ Yeast infections in the mouth (white spots), known as thrush

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## Warning signs

Call your child's doctor immediately if your child:

- ▶ Does not respond to his/her asthma "reliever" or "rescue" medicine (eg. salbutamol or terbutaline).
  - ▶ Seems to need more frequent use of asthma "reliever" or "rescue" medication.
  - ▶ Develops worsening symptoms of asthma.
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## Contact us

If you need any additional information about this medicine or your child's asthma, call the Asthma Educators at BC Children's Hospital at 604-875-2345 local 7461.

This resource was created for British Columbia's Children's Hospital (BCCH) with references from:

Cincinnati Children's Hospital Medical Center  
[www.cincinnatichildrens.org](http://www.cincinnatichildrens.org)

Canadian Lung Association at [www.lung.ca](http://www.lung.ca)

Children's Hospital Education Centre,  
Winnipeg, Manitoba at [www.wch.ca](http://www.wch.ca)

**For more information on asthma, contact the BC Children's Hospital Family Resource Library at:**

Tel: (604) 875-2345 Local 5102

Out of Vancouver: 1-800-331-1533 local 2

Fax: (604) 875-3455

Email: [famreslib@cw.bc.ca](mailto:famreslib@cw.bc.ca)

[www.bcchildrens.ca/frl](http://www.bcchildrens.ca/frl)