

Advair

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INHALED STEROID / INHALED LONG ACTING BETA ADRENERGIC COMBINATION

MEDICATION: ADVAIR, a combination of fluticasone (Flovent) and salmeterol (Serevent)

ACTIONS: Reduces the inflammation in the airways and prevents tightening of the muscles around the airways, thus decreasing the symptoms of asthma. It can help decrease the twitchiness of the asthmatic lungs over time. Since inhaled steroids (Flovent) are preventive drugs, they must be taken daily for the best results. They take one month to begin working and 2-3 months to have a maximum effect. A long acting bronchodilator (Serevent) takes about an hour to begin working, lasts about 12 hours.

HOW TAKEN: 1. Open inhaler with thumb grip 2. Push mouthpiece lever back completely 3. Exhale away from mouthpiece 4. Place mouthpiece between teeth and lips 5. Inhale deeply as forcefully as you can 6. Hold breath for 10 seconds 7. Exhale away from mouthpiece 8. Close inhaler

SIDE EFFECTS: Tremor, fast and /or pounding heartbeat, nervousness, dizziness, headache, briefly increased systolic blood pressure, thrush (a fungal infection of the throat and mouth causing white patches in the mouth), sore throat, hoarseness, and dry mouth. It is normal to taste the slightly sweet powder after you inhale.

PRECAUTIONS: Improper use of a long acting bronchodilator (Serevent) has been associated with death. A long acting bronchodilator is NOT designed for relief of acute asthma symptoms such as shortness of breath, tightness in the chest, coughing and wheezing. To treat these symptoms, you should use your inhaled short-acting bronchodilator (Proventilâ, albuterol, Combiventâ, or Maxairâ) that has been prescribed by your doctor for immediate relief. Do not stop taking the prescribed dose of this medication before checking with your physician. The dose may be doubled with specific medical advice for brief periods of time, but should NEVER exceed a total of 4 inhalations per day. You can decrease the risk of thrush by rinsing your mouth and spitting, or brushing teeth after each treatment.

ADVAIR

One rapid inhalation twice a day, about 12 hours apart