

## FLUTICASONE (nasal spray)

*floo-tik-ah-son*e

### What does it do?

*Fluticasone* is a steroid medicine that helps to prevent and treat the symptoms of allergies such as hayfever.

### Before you start

- Tell your health professional if you have had recent surgery on your nose, or have ever had tuberculosis.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you use it?

Use regularly as directed.

Using the nasal spray:

1. Blow your nose.
2. Shake the bottle, then remove the cap.
3. Hold the bottle with your thumb at the bottom and the nozzle between your first and second fingers.
4. If using for the first time, or if you have not used it in the last 7 days, 'prime' your spray by spraying a few times into the air before using.
5. Gently put the nozzle into your nostril. Close the other nostril by gently pressing a finger from the other hand on it.
6. Hold the bottle upright and tilt your head forward slightly. While you gently sniff, squirt a spray into your nostril. Do not sniff too hard, as the spray then travels past your nose to your throat. Make sure you angle the spray straight up (not towards the middle or side of your nose) as this helps to prevent side effects.
7. Use one spray at a time and repeat if you need another spray in that nostril.
8. Repeat for the other nostril, then put the cap back on.

### What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and use your next dose at the usual time. Otherwise, use the missed dose as soon as you remember. Do not use 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
Nose bleeds, sore nose or throat Headache	Tell your doctor if troublesome

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

### Other information:

- *Fluticasone* may take a few days to start working.
- If used correctly, steroid side effects from nasal sprays are uncommon. If you use them continuously for a long time, then steroids may cause a range of side effects such as: round face, change in body shape, change in hair growth, thinning of the bones, increased blood pressure and diabetes.
- *Fluticasone* expires 3 months after you first open the bottle.