

700 Children's Drive  
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nationwidechildrens.org

## INHALED CORTICOSTEROIDS FOR ASTHMA (Advair®, Flovent®, Pulmicort®, Azmacort®)

An inhaled corticosteroid\* is a medicine that is breathed into the lungs. It helps to reduce swelling in the lining of the airways. Some of these medicines are: Advair® (fluticasone), Flovent® (fluticasone), Pulmicort® (budesonide), and Azmacort® (triamcinolone). This medicine must be taken every day to help prevent asthma symptoms. They are also called “controller” or “preventive” medicines. They do not work right away to treat symptoms of an asthma attack.

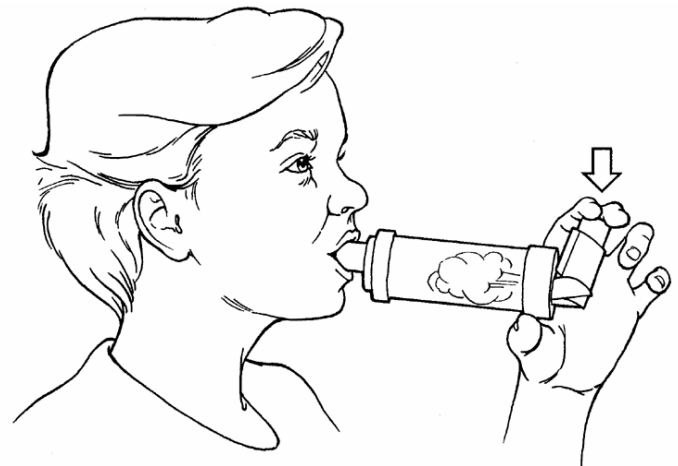
\*Albuterol (Ventolin®, Proventil®) is **not** an inhaled corticosteroid.

### REMEMBER

- Read the label **carefully** and make sure you're taking the right amount. It's easy to confuse the many different dosage forms and strengths.
- Take the **exact dose** of medicine that your doctor ordered.

### HOW TO TAKE THIS MEDICINE

- If it is a canister (Flovent, Azmacort), shake it well before using it. If you are using Flovent, use it with a spacer device such as an Aero Chamber.
- Replace the cap on the inhaler when you're finished.
- After each treatment, rinse your mouth out with water or brush your teeth.
- **If you have questions about how to properly use or clean your inhaler, ask your doctor, nurse or pharmacist to show you.** Ask them for the Helping Hand, *Inhalers*, HH-V-23.



**Picture 1** Using an inhaler with a spacer.

### IF YOU FORGET TO TAKE A DOSE

If you miss a dose of this medicine, take it as soon as you remember. If it is almost time for the next dose, don't take the missed dose at all and don't double the next dose. Instead, go back to your regular dosing schedule.

### POSSIBLE SIDE EFFECTS

- Sore throat
- Thrush (white patches inside the mouth)
- Dry mouth
- Hoarseness

## WHAT TO DO ABOUT SIDE EFFECTS

- If you have any side effects, or if you're having a severe asthma attack, call your doctor.
- To prevent thrush (white patches inside the mouth) rinse your mouth out with water or mouthwash after taking the medicine.

## STORAGE OF MEDICINE

**Store all medicine out of the reach of children.**

- Don't use or store near heat or an open flame. A temperature over 120°F may make the container explode and cause serious injury. Don't throw it in a fire or an incinerator.
- Don't store in areas where freezing temperatures may occur.
- Don't use this medicine after the expiration date on the container.

## SAFETY TIPS AND OTHER ADVICE

- Tell your child's teacher, school nurse, school coach, baby-sitter, and others that your child is taking this medicine and what side effects to watch for.
- Tell your child's doctor and pharmacist if your child has an unusual or allergic reaction to any medicine.
- If you carry medicine in your purse, keep it in its childproof container and keep your purse out of the reach of children.
- Bring all your child's medicines with you **in the original containers** whenever your child sees a doctor, goes to an emergency room, or is admitted to the hospital. This helps doctors who may not know your child.
- Learn the name, spelling, and dose of this medicine. Also teach your child if he is old enough. You will need to know this information when you call your doctor or pharmacist.
- If your child takes too much of this medicine, or if someone else takes this medicine, first call the Central Ohio Poison Center at 1-800-222-1222 (TTY 614-228-2272). They will tell you what to do.
- Don't stop taking this medicine or change the amount taken without first checking with your doctor. Stopping the medicine or changing the amount may cause your asthma to become worse.
- Your doctor has prescribed this medicine for you **only**. Don't give it to anyone else.
- Get this prescription refilled at least **2 days before** the last dose is taken. This is very important.

If you have any questions, be sure to call your doctor or pharmacist.