

Fluticasone Nasal Spray (Flonase™)

In this session, we will be discussing the consumer medication information for fluticasone nasal spray, trade name Flonase™.

What it's for & How to take

Fluticasone nasal spray is used to treat either seasonal or year-round nasal rhinitis. When the lining of your nose gets swollen, it is called rhinitis. This medication helps decrease the swelling in your nose so you may breathe easier.

Rhinitis may be from an allergy to something specific such as pollen in the air, cats or dust. It is also possible to have rhinitis symptoms when there is no identified allergy. Fluticasone nasal spray will help treat the symptoms in both situations.

This medication decreases swelling in the nasal passage due to its topical effect. At normal dosages, this medication has very little absorption into your blood system.

Fluticasone nasal spray is usually prescribed as 1 puff in each nostril twice daily or 2 puffs in each nostril once daily. Your specific dosage is based on your response to treatment, specific clinical condition and age.

Do not use the inhaler more often than prescribed. Your condition may not get better any quicker; however, the side effects may get worse.

If you forget to take a dose, take it as soon as you remember. If it is near the time of your next dose, skip it and continue with your normal dose time. Do not take a double dose to make up the missed dose.

Before administering a dose, gently shake the container and remove the dust cover. The inhaler will need to be primed if this is your first use or if you have not used the inhaler for 7 days or more. To prime the inhaler before its first use, activate 6 doses into the air away from your face.

To prime the inhaler if it has not been used for more than 7 days, activate the inhaler as many times as necessary until you see a fine mist dispersed from the inhaler.

Gently blow your nose to clear your nostrils, then, use your forefinger to close one nostril. Tilt your head forward slightly and, keeping the bottle upright, carefully insert the nasal applicator into the other nostril. While breathing in, press firmly and quickly down once on the applicator to release the spray. Repeat the process with the other nostril.

If you are instructed to use two or more inhalations in each nostril, wait 60 seconds and then repeat the entire process. Avoid blowing your nose for 15 minutes after using this medication.

Keep your inhaler clean and keep count of the number of inhalations left in the container. If you have any questions about how to clean your inhaler or keep track of the number of doses, ask your pharmacist or doctor to explain it to you.

Warnings & Cautions

- This medication does not work immediately. You may notice a positive benefit within 24 hours; however, it may take a full week. If after 7 days you are not experiencing any benefit, or, your condition is worsening, call your doctor.
- Use of this medication for an extended period of time in children may slow the child's growth. If your child is prescribed this medication, talk with your doctor or pharmacist about the short and long term risks of using fluticasone nasal spray in children.
- It is possible that the use of fluticasone nasal spray may hide the symptoms of a sinus infection. While using this medication, use good hand hygiene to help prevent the possibility of an infection.

TERMS OF USE: These recordings are meant to supplement your knowledge and understanding of your medications and are not a replacement for counseling with your pharmacist or doctor. This information does not allow you to take a prescription medication that was not prescribed for you. Talk with your pharmacist or doctor before taking your medication and if you have any questions regarding your medication. **All information provided "as-is" and with no express or implied warranties, including warranties directed to accuracy, non-infringement of any proprietary rights or a third party or fitness for a particular purpose.**

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- Tell your doctor or dentist of your fluticasone nasal spray use before you have any surgery or dental work performed.
- Let your pharmacist or doctor know if you are pregnant or breastfeeding before taking this medication.

Interactions & Side Effects

- Tell your pharmacist or doctor all your medication allergies so they may determine if fluticasone nasal spray is safe for you to take.
- Avoid dangerous drug interactions. Tell your pharmacist or doctor all the other medication you are taking, including over the counter supplements, even if you don't take them very often.
- Ask your doctor if this medication is safe to take with your current health conditions. Tell your doctor if you have had any recent nose problems such as injury or ulcerations or any recent infections.
- While taking this medication, you may feel some nasal dryness or nasal irritation. If these or any other unwanted side effects persist, contact your doctor or pharmacist to talk about it with them.
- Call your doctor right away if you feel any severe nose bleeds, significant pain in your nose, persistent sore throat or any white patches in your nose or throat.

If you have any questions about what you have heard, contact your pharmacist or doctor. This session does not include all the potential interactions or side effects that this medication may cause. Ask your pharmacist how your medication should be stored and how you should dispose of it when you are done taking it. Do not share your medication with anyone, ever. Remember, this is not meant to replace your counseling session with your pharmacist. In case of overdose, call your local poison control center at 1-800-222-1222.

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