

# How to use your Advair HFA (fluticasone/salmeterol) Inhaler

45mcg/21mcg, 115mcg/21mcg, 230mcg/21mcg



What is my prescription?	Special Instructions
	<p>Take every day to control your symptoms.</p> <p>Rinse mouth thoroughly with water and spit after each use.</p>

## What can I expect while I take this medication?

Advair® HFA will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

## How and when to prime your Advair® HFA:

1. Prime inhaler if new, has not been used in 4 weeks, or if you drop it.
2. Remove cap, shake inhaler for 5 seconds, spray it once away from you and repeat for a total of 3 sprays.

## **How to use your Advair® HFA:**

1. Remove Advair® cap.
2. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
3. Shake inhaler for 5-10 seconds.
4. Breathe out fully (in preparation to breathe in medication).
5. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
6. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
7. Hold your breath for 5-10 seconds, and then breathe out.
8. If your doctor has prescribed more than one dose (puff), wait 30 seconds and repeat above.
9. Rinse mouth thoroughly with water after taking medication to decrease the risk of a mouth infection. Spit out the water. Do not swallow it.

## **How to clean your Advair® HFA:**

Clean 1 time per week after your evening dose to prevent medicine from building up and blocking the spray.

1. Remove the cap.
2. Use a clean, dry swab to clean the small circular opening where the medicine sprays out of the canister.
3. Wipe the inside of the mouthpiece with a clean tissue dampened with water.
4. Let dry overnight.
5. Put the cap back over the mouthpiece after it has dried.

## **How to use a Spacer:** (If recommended for use with your inhaler)

1. Remove mouthpiece cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.

3. Hold spacer with the inhaler canister upright.
4. Breathe out fully (in preparation to inhale medication).
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not block the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister **one** time.
7. Breathe the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not breathe out).
8. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed).

**Do not use Advair® HFA to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.**

- To learn more about your health condition visit:  
<http://www.med.umich.edu/careguides>.
- To learn more about the Advair® HFA inhaler visit:  
<http://www.advair.com>

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