

How to Use Your Fluticasone Diskus® for Asthma Anti-Inflammatory Reliever (AIR) Therapy

Fluticasone Diskus® (100 mcg or 250 mcg)



What is the purpose of this medication?

Fluticasone Diskus® is an inhaled corticosteroid that decreases swelling in your airways.

What is asthma anti-inflammatory reliever (AIR) therapy?

Asthma AIR therapy is a new strategy to better manage asthma when patients have an asthma flare-up (also called an asthma attack). It involves an increase of inhaled corticosteroid medication to treat inflammation (swelling) and medication to treat bronchospasms (tightening of the airways in your lungs). In some cases, your regular asthma medication may be the same medication used for AIR therapy because it works quickly.

How do I use my fluticasone Diskus® for asthma AIR therapy?

1. Hold the Diskus® in one hand. Put the thumb of your other hand on the thumb grip and push backward until it snaps and you can see the

mouthpiece and lever.

2. Slide the lever away from you until it clicks. This loads the medication.
3. With your head turned away from the Diskus[®], breathe out fully (to prepare to breathe in the medication).
4. Put the mouthpiece in your mouth. Do not block the mouthpiece with your teeth or tongue.
5. Breathe in deeply and slowly through your mouth.
6. Remove the Diskus[®] from your mouth while holding your breath for 5-10 seconds, and then breathe out.
7. Close the Diskus[®] by sliding the thumb grip toward you.
8. Rinse your mouth well with water after taking this medication to decrease the risk of a mouth infection. Spit out the water you rinsed with (do not swallow it).

You may not taste, feel, or smell the dry powder medication when you use your Diskus[®]. As long as you are following the directions, you will get your full dose of medication.

How should I store my fluticasone Diskus[®]?

Store your Diskus[®] in a cool, dry place away from moisture, heat, or sunlight.

Where can I learn more about my condition?

- To learn more about your health condition, visit:

CareGuides.med.umich.edu

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