



Q1

What is flutiform and how does it treat my child's asthma?

flutiform combines two active medications that help to improve your child's breathing:

- Fluticasone propionate is an inhaled corticosteroid. It helps reduce swelling and inflammation in the lungs.
- Formoterol is a long-acting beta₂ agonist. It helps your child's lungs to stay open, making it easier for them to breathe.

flutiform helps prevent your child becoming breathless and wheezy. However, it does not work if your child is already having an asthma attack i.e. they are already breathless and wheezing. A fast-acting 'reliever' inhaler will need to be used if this happens.

Q2

How old should my child be before they use flutiform?

flutiform 50 µg / 5 µg is the lowest strength inhaler and can be used in children who are above the age of 5 years. It can also be used in adults and adolescents over 12 years of age.

The medium strength inhaler, flutiform 125µg/5µg, can only be used in adults and adolescents, 12 years and above, and the highest strength inhaler, flutiform 250µg/10µg, can only be used in adults.

flutiform of any strength should not be used in children under 5 years of age.

Q3

How many puffs and how often should I give flutiform to my child?

The usual dose of *flutiform* for a child is two puffs twice a day: two puffs in the morning and two in the evening. However, your child's doctor will prescribe the dose required to treat their asthma.

Q4

How many puffs are there in flutiform inhaler?

The *flutiform* inhaler delivers 120 puffs. There is an integrated counter that will let you know the number of puffs remaining.

Q5

How does the flutiform dose counter work?

The plastic dispenser that contains the aerosol can is called an actuator. On the actuator is a colour-coded counter, which will display the number of puffs left after it has been 'primed'. The colour of the counter will change depending on the number of puffs remaining:

- Green – 50 to 120 puffs
- Yellow – 30 to 49 puffs
- Red – 0 to 29 puffs

Once the counter turns red, your child's doctor or asthma nurse should be contacted for a replacement inhaler. Your child should not use the inhaler when the counter reads zero.



Q6

When and how is flutiform 'primed' /prepared for everyday use?

It is important to 'prime' (set up) your child's **flutiform** inhaler to ensure it works properly and provides the correct dose, setting it up for everyday use.

There are three situations where you need to 'prime' your inhaler:

1. Before the first use.
2. If you have not used the inhaler for 3 or more days.
3. If the inhaler has been exposed to freezing conditions.

To 'prime' /set-up your child's inhaler:

1. Remove the mouthpiece cover of the inhaler and then shake it well.
2. Pointing the mouthpiece of the inhaler away from you, press down on the aerosol can and release one puff.
3. Step 2 should be performed a total of four times, releasing four puffs of medicine, to set up the inhaler for daily use.

Q7

How does my child use the flutiform inhaler?

1. Remove the mouthpiece cover and check it is clean and free from any dust.
2. Shake the inhaler to ensure the contents are evenly mixed.
3. While your child is sitting or standing upright, they should breathe out as slowly and deeply as possible.
4. Holding the inhaler upright, the mouthpiece should be placed into their mouth with their lips around it. They should not bite the mouthpiece. The inhaler should be held with the thumb on the base of the mouth piece and the forefinger/index finger on the top of the inhaler.
5. Your child should then breathe in slowly and deeply and, at the same time, press down on the top of the inhaler to release one puff. Your child should then continue to breathe in steadily and deeply (for about 2-3 seconds).
6. While your child is holding their breath, the inhaler should be removed from their mouth. And they should continue holding their breath for as long as is comfortable. They should not breathe out into their inhaler.
7. For their second puff, the inhaler should be held upright and steps 2 to 6 should be repeated.
8. The mouthpiece cover should be then replaced. If a 'mist' is seen as the mouthpiece cover is closed then the inhaler may not have been taken properly and step 2 onwards will need to be repeated.

If your child has weak hands it may be easier for them to hold the inhaler in both hands placing both index fingers on the aerosol can and both thumbs on the base of the inhaler.

If your child is having difficulty using their inhaler, their doctor or asthma nurse may give them spacer device to help them to breathe their medicine into their lungs properly.

Helpful tip: After using their inhaler, your child should always rinse their mouth out, gargle with water or brush their teeth and spit out the residue. This may help prevent them developing sore mouth and throat or a hoarse voice.

Your child should always use their inhaler exactly as their doctor, pharmacist or asthma nurse has told them. Check with your child's doctor, pharmacist or asthma nurse if you or they are unsure.



Q8

How should my child use flutiform with a spacer?

flutiform inhaler with spacer device using the mouthpiece:

1. Remove the mouthpiece cover and check that the inhaler is clean and free from any dust.
2. Give the inhaler a shake to make sure the contents are evenly mixed.
3. Insert the inhaler into the back-piece of the chamber.
4. Hold the inhaler upright and put the mouthpiece into your child's mouth ensuring their lips are around it. They should not bite the mouthpiece.
5. While your child is standing or sitting upright, they should breathe out and then when they are beginning to breathe in they should press down on the top of the inhaler to release one puff.
6. Your child should then breathe in slowly and deeply until a full breath has been taken. They should hold their breath for 5-10 seconds before breathing out.

(Alternative to step 6: Your child should breathe in and out through the chamber for 2-3 breaths, keeping their lips sealed around the chamber mouthpiece.)
7. For their second puff, the inhaler should be held upright and steps 2 to 6 should be repeated.
8. The inhaler should then be removed from the chamber and the mouthpiece cover replaced.

flutiform inhaler with spacer device using the mask:

1. Remove the mouthpiece cover and check that the inhaler is clean and free from any dust.
2. Give the inhaler a shake to make sure the contents are evenly mixed.
3. Insert the inhaler into the back-piece of the chamber.
4. The inhaler should be held upright and the mask applied to your child's face.
5. While your child is standing or sitting upright, they should breathe out and then when they are beginning to breathe in they should press down on the top of the inhaler to release one puff. The mask should be held in place and the child should breathe in and out through the chamber for 5-6 breaths.
6. For their second puff, the inhaler should be held upright and steps 2 to 5 should be repeated.
7. The inhaler should then be removed from the chamber and the mouthpiece cover replaced.

Your child's doctor, asthma nurse or pharmacist will also advise you how to use the spacer device with your inhaler. The spacer device will come with instructions for use too as well as care and cleaning instructions, which must be read carefully. If you have any further questions, ask your child's doctor, asthma nurse or pharmacist.

Q9

How old should my child be before they use flutiform on their own?

The choice of inhaler device is based on the child's age and capability. If you take your child for an asthma review every six months, your child's doctor or asthma nurse will be able to check if they're using the right inhaler and spacer, and if they still need help with their inhaler. If you have any further questions, ask your child's doctor, asthma nurse or pharmacist.

Q10

What do I do if they forget to take flutiform?

If your child forgets to take a dose, ensure they take it as soon as you remember. However, if it is nearly time for their next dose, skip the missed dose. Your child should not take a double dose to make up for a forgotten dose.



Q11 What are the side-effects of flutiform?

As with many medicines, **flutiform** can cause side-effects, however not everybody will get them. Your child's doctor or asthma nurse will prescribe the lowest dose necessary to control your child's asthma which may reduce the risk of side effects occurring.

Side effects your child may experience can include:

- Anxiety
- Sleep disorders
- Behavioural changes i.e. hyperactivity and irritability

All medicines can cause allergic reactions, although serious allergic reactions are reported rarely. Tell your doctor immediately if your child experiences:

- Sudden swelling of the eyelids, face, throat, tongue or lips
- Rash or itching especially those covering the whole body
- Symptoms such as dizziness, light-headedness or fainting
- Sudden changes in their breathing pattern such as increased wheezing or shortness of breath

Like other inhalers, your child's breathing may worsen immediately after using their inhaler. If you notice an increase in wheezing and shortness of breath in your child, they should stop using **flutiform** and use their quick acting 'reliever' inhaler. Contact your child's doctor or asthma nurse straight away and they will assess your child and may start them on a different treatment. Your child should have their 'reliever' inhaler with them at all times.

Q12 Will flutiform affect my child's growth?

Inhaled corticosteroids (ICS) can potentially impact growth. However, a study has shown that the ICS in **flutiform** (fluticasone propionate) has no effect on growth in children nor does it have any important side-effects. Another study showed no reduction in lower leg growth rate in children with asthma treated with **flutiform**.

As only a low amount of fluticasone propionate is absorbed by the blood, this may reduce the risk of growth problems happening.

Q13 When and how should the flutiform inhaler be cleaned?

You should clean your **flutiform** inhaler once a week. To clean it:

1. Remove the mouthpiece cover, but do not remove the aerosol canister.
2. Wipe the inside and outside of the mouthpiece and inhaler with a clean, dry cloth or tissue then replace the mouthpiece cover.

Do not put the metal canister into water.

To clean the spacer device, read the care and cleaning instructions that come with it.



Q14

How should I store my child's flutiform inhaler?

The inhaler should not be stored above 25°C or refrigerated/ frozen. If your child's inhaler is exposed to freezing conditions then it is advised to allow the inhaler to warm at room temperature for 30 minutes and then to 'prime' it before use.

The inhaler should not be exposed to temperatures higher than 50°C. As the canister contains a pressurised liquid, it should not be punctured, broken or burned, even when apparently empty.

Do not use the inhaler when:

- The expiry date printed on the label, foil pouch and carton has been passed.
- It has been removed from the foil pouch for more than 3 months.
- The dose indicator reads '0'.