



Fluticasone

Fluticasone is an inhaled steroid used to help treat EoE by reducing inflammation and swelling in the esophagus. It comes as a metered-dose inhaler or MDI. Fluticasone is used frequently to treat asthma, in which case you inhale the medicine. When used for EoE treatment, you swallow the Fluticasone instead. Swallowing the fluticasone allows the medicine to coat the esophagus.

Directions for use:

1. Remove the cap from the inhaler.
2. Shake the inhaler to mix the medicine.
3. Put the mouthpiece directly into your mouth and make a tight seal with your lips. Do not use a spacer.
4. Hold your breath, squeeze the inhaler down, and swallow the puff.
5. Do not take a breath until you have swallowed the medicine.
6. Take 2-4 puffs 1-2 times per day as directed.
7. When finished, replace the cap.
8. Do not have anything to eat or drink for 60 minutes after taking fluticasone. It is, however, important to rinse your mouth and spit out the water. You may also choose to brush your teeth as long as you do not swallow the water.

Some people may develop a yeast infection in their mouth. Rinsing your mouth out with water or brushing your teeth will help prevent this from happening.