

**RUH**

## Seretide 250 Evohaler

Seretide contains two medicines– fluticasone and salmeterol. Fluticasone is a steroid and is used to help reduce inflammation. Salmeterol helps relax the air passages in the lungs. Both ingredients in Seretide work together to help keep the airways open and make it easier to breathe.



This leaflet gives only basic information. All inhalers come with a more detailed leaflet including information on how many doses your inhaler contains which you should also read. Replacements should be obtained through your GP.

## When to take your medication

Dose	Breakfast	Bedtime

## How to take your medication

1. Remove caps from Aerochamber and inhaler
2. Shake the inhaler and Insert the inhaler into the flat end of the Aerochamber.
3. Hold head up and sit upright and breathe out gently.
4. Place the Aerochamber mouthpiece in mouth, with lips tightly sealed around.
5. Press down the inhaler canister to release a dose of medication
6. Breathe in and out slowly and gently through the Aerochamber mouthpiece four or five times. (If you hear a whistling noise from the Aerochamber then you are breathing in too quickly. Try to take slower deeper breaths in)
7. Remove device from mouth
8. If you are prescribed two doses wait 30 seconds and repeat steps 2 – 6.
9. When finished, remove inhaler and replace cap on inhaler and Aerochamber.

10. Afterwards, rinse your mouth with water and spit it out. This may help to stop you getting thrush and being hoarse.

**If you are having any problems with using your inhaler you can discuss this with your local pharmacist/chemist or make an appointment with your practice nurse/GP at the surgery.**

Name of patient	
Signature of health care professional assessing patient as competent in using this inhaler	
Any comments or suggestions to improve technique	
Date	