

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. Open the device by sliding the thumb grip away from you until you hear a click
2. To open the measured dose, slide the lever away from you until you hear a click
3. Breathe out slowly (but not into the device)
4. Place your lips around the mouthpiece
5. Suck in quickly and deeply to inhale the measured dose
6. If possible, hold your breath for 10 seconds then breathe out slowly
7. Wipe the mouthpiece.
8. Close the device by sliding the thumb grip towards you. This will automatically close the lever.
9. Repeat the process if you have been prescribed two puffs (two doses)

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	