



Information Sheet:

**Eosinophilic esophagitis (EoE):
Treatment with swallowed fluticasone (“Flovent”)**

Your doctor has recommended fluticasone (Flovent) to treat your EoE. It is an asthma medication in an inhaler form, but instead of breathing it into your lungs, you will need to swallow the medication twice daily. It should be taken after breakfast and after dinner. Please follow these instructions for use:

- 1) Take the cap off of the inhaler. The appropriate starting inhaler is labelled with a 220 ucg dose. You will take four puffs of this twice a day. The goal is to swallow it and breath as little as possible into your lungs.
- 2) Place the inhaler to your mouth, and at the end of a breathing cycle (after you have exhaled), pause your breathing (don't breathe back in).
- 3) Puff the medication into your mouth once and swallow all of the medication. You may then breathe normally.
- 4) Repeat steps 2 and 3 three more times until you have swallowed a total of four puffs.
- 5) Do not eat or drink anything for one (1) hour after taking the medication.

You will continue taking this medication for at least a total of eight (8) weeks. At that time, your doctor will typically schedule you to have a repeat upper endoscopy to take additional biopsy samples from the esophagus to check to see if the inflammation has improved with this medication.

In general, this medication is well tolerated. The main side effects can include a hoarse voice or sore throat. In some people, a yeast infection (“candida”) of the mouth (“thrush”) or esophagus can develop. If you notice white spots on your tongue or in your mouth, please notify your doctor immediately. This problem can be treated with a short course of antibiotics.