FAIRVIEW PHARMACY — EST. 1978

# Taking Breo Ellipta safely

fluticasone furoate / vilanterol · once-daily inhaler · asthma or COPD

## 3 MISTAKES TO AVOID

1. **Using it during a flare-up**
   Breo Ellipta is not a rescue inhaler and won't stop sudden wheezing.
2. **Using the inhaler the wrong way**
   Never shake it. One long, steady, deep breath in. Hold your breath 3 to 4 seconds.
3. **Not telling us about every medicine, or a milk allergy**
   The device has milk protein; some antifungals raise steroid levels.

## How to take it

- One inhalation, **once every 24 hours**, at the same time each day. Do not use more than once a day.
- **Never shake** the inhaler. Slide the cover down until it clicks, breathe out fully away from it, then take **one long, steady, deep breath** in.
- Hold your breath for about **3 to 4 seconds**, breathe out slowly, then rinse your mouth with water and spit it out.
- Not for sudden symptoms. Always keep a fast-acting rescue inhaler, like albuterol, with you.

## Missed a dose?

- Take it as soon as you remember, the same day. If it is already time for your next dose, skip the missed one.
- Never take 2 doses in 1 day.

## Tell your care team

- The device contains milk protein. Tell us if you have ever had a severe milk allergy.
- Never use another long-acting bronchodilator inhaler with Breo Ellipta. Strong antifungals like ketoconazole can raise steroid levels.

## Call your doctor right away if you notice

- Your breathing gets worse, or you need your rescue inhaler more than usual
- Your rescue inhaler stops working as well as it used to
- New hoarseness, white patches in your mouth, or a fast, pounding heartbeat
- If you have COPD: fever, more or different mucus, or a new cough (possible pneumonia)

**EMERGENCY: CALL 911**
**Face, lip, tongue or throat swelling, hives, or sudden trouble breathing:** use your rescue inhaler, stop Breo Ellipta, and get medical help right away.

## Good to know

**Severe milk protein allergy?** The Ellipta device is not right for you. It is not a substitute for your rescue inhaler.

## Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

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