FAIRVIEW PHARMACY — EST. 1978

Using fluticasone safely

fluticasone nasal spray (Flonase) · allergy relief

3 MISTAKES TO AVOID

1 More than once a day
Use it only once a day. More sprays don't work faster.

2 Using it when you shouldn't
Not with an unhealed nose injury or surgery. Ask first about glaucoma or cataracts.

3 Long use in children
Some children may grow more slowly. Use the shortest time needed.

How to use it

- **Only once a day.** Ages 12+: 2 sprays in each nostril for week 1, then 1 or 2 sprays as needed.
- After 6 months of daily use, ask your doctor if you can keep using it.
- Gently blow your nose, tilt your head forward, and breathe in gently as you spray. Keep it out of your eyes.
- It is a nose spray, not an asthma inhaler. Don't share it.

Children

- Flonase: ages 4 to 11. Sensimist: ages 2 to 11. 1 spray in each nostril once a day, with an adult helping.
- Using it more than 2 months a year? Talk to your child's doctor.

Ask a doctor or pharmacist first if you take

- Ritonavir (an HIV medicine), ketoconazole pills, or another steroid for asthma, allergies or skin rash

IMPORTANT
Do not use if you have a nose injury or surgery that has not fully healed. Ask a doctor first if you have or had glaucoma or cataracts.

Stop use and ask a doctor if

- You have frequent or severe nosebleeds, a whistling sound in your nose, or vision changes
- You are around someone with chickenpox, measles or tuberculosis
- Your symptoms are not better after 7 days

EMERGENCY: CALL 911
Swelling of the face or throat, or trouble breathing: get medical help right away.

Pregnant or breastfeeding? Ask a health professional before use.

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

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: Flonase Allergy Relief and Flonase Sensimist Drug Facts (rev. 12/2024). FLONASE is a trademark of its owner.

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