

Flutialfa SF 500 Capsule

Composition

Each dry powder capsule contains:

- **Salmeterol (50 mcg):** A long-acting beta-2 adrenergic agonist (LABA) that relaxes airway muscles, providing prolonged bronchodilation and preventing wheezing and breathlessness.
- **Fluticasone Propionate (500 mcg):** A potent inhaled corticosteroid (ICS) that reduces inflammation in the lungs, prevents airway swelling, and decreases mucus production.

Mechanism of Action

The combination of Salmeterol and Fluticasone Propionate provides **dual action** for better asthma and COPD control:

1. **Salmeterol** binds to beta-2 adrenergic receptors in the lungs, causing relaxation of bronchial smooth muscles and **preventing airway constriction** for up to 12 hours.
2. **Fluticasone Propionate** works as an **anti-inflammatory agent**, reducing swelling and mucus buildup in the airways, thereby improving lung function and reducing asthma/COPD symptoms.

This combination is particularly beneficial for **patients with moderate to severe asthma or COPD** who require regular maintenance therapy.

Indications

Asthma

- **Maintenance therapy** for persistent asthma in adults and adolescents (above 12 years)
- Prevention of **exercise-induced bronchospasm (EIB)** in asthma patients

- **Reduction of asthma exacerbations** in patients not adequately controlled on inhaled corticosteroids alone

Chronic Obstructive Pulmonary Disease (COPD)

- **Management of COPD symptoms**, including chronic bronchitis and emphysema
- **Prevention of COPD exacerbations** in patients with a history of frequent flare-ups
- Improves lung function and **reduces the need for rescue medications**

Dosage & Administration

- **As prescribed by a healthcare professional**
- Typically, **one capsule twice daily** (morning and evening) via a **dry powder inhaler (DPI) device**
- **Do not swallow the capsule**; it must be used only in the prescribed inhalation device
- After each use, **rinse the mouth with water** to prevent oral fungal infections

Missed Dose:

- If a dose is missed, take it as soon as possible. If it is close to the next dose, **skip the missed dose** and continue with the regular schedule.
- Do not take a **double dose** to compensate for a missed dose.

Warnings & Precautions

General Precautions:

- **Not for emergency use** – This medication **does not relieve sudden asthma attacks**. A **short-acting bronchodilator (e.g., Salbutamol)** should be used for quick relief.
- **Regular monitoring is essential** for patients with prolonged corticosteroid use to check for

side effects such as osteoporosis, adrenal suppression, or cataracts.

- **Use with caution in:**
 - Patients with **cardiovascular diseases**, as it may cause increased heart rate or palpitations.
 - Patients with **diabetes**, as corticosteroids may affect blood sugar levels.
 - Patients with **osteoporosis**, as corticosteroids can reduce bone mineral density.
 - **Glaucoma and cataracts** patients, as inhaled steroids can increase intraocular pressure.

Contraindications:

- Hypersensitivity to **Salmeterol, Fluticasone Propionate, or any excipients** in the formulation
- Acute **bronchospasm or worsening asthma attacks**
- Patients with **severe milk protein allergy**, as some dry powder inhalers contain lactose

Possible Side Effects

Most side effects are **mild and temporary**, but some may require medical attention.

Common Side Effects:

- Throat irritation, hoarseness, or cough
- Headache or dizziness
- Muscle cramps or joint pain
- Mild tremors or nervousness

Serious but Rare Side Effects:

- **Oral Candidiasis (thrush):** Fungal infection in the mouth; can be prevented by rinsing the mouth after each use.
- **Increased heart rate (tachycardia) or palpitations**
- **Paradoxical bronchospasm (worsening breathing difficulty after inhalation)** – If this occurs, stop use immediately and seek medical attention.

- **Adrenal suppression** – Long-term use may affect the adrenal glands, leading to hormonal imbalances.

Regular follow-ups with a healthcare provider are recommended to monitor side effects.

Storage Instructions

- Store at a **temperature below 30°C** in a dry place.
- Keep away from **moisture and direct sunlight**.
- Keep out of reach of **children**.
- Do not remove the capsule from the blister until **ready to use**.

Additional Information:

- For best results, **use the inhaler correctly** as instructed by a healthcare provider.
- If symptoms do not improve or worsen, consult a doctor immediately.
- This medication is intended for **long-term management** and should not be stopped suddenly without medical advice.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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