Topical Steroid Treatment
Protocol for Eosinophilic Esophagitis (EE)

Fluticasone (Flovent) 220mg/puff inhaler
- Take two puffs twice a day after breakfast and evening meals.
- A spacer should not be used with the inhaler.
- After shaking the inhaler, take a deep breath.
- At the point of maximum held inspiration, depress the inhaler and swallow the aerosol with each puff.
- Rinse mouth with water and spit out.
- No food or drink for two hours after using inhaler.

Elimination Diet
- Dairy
- Egg
- Soy
- Seafood
- Nuts

Make an eight week follow up appointment with your doctor.

Additional instructions will be given at that time.

Adverse effects of Flovent
- Dry mouth. Drink plenty of water to take care of this.
- Increase chance of oral thrush.
- This is a yeast infection in your mouth.
- You can prevent this by rinsing your mouth very well with water after each use of your Flovent inhaler.

Call your health care provider with any questions or concerns.