FOR WHEN YOU HAVE BEEN PRESCRIBED CLENIL® MODULITE® (BECLOMETASONE)

Please refer to the patient information leaflet for detailed information about your medicine.

Clenil®
beclometasone pMDI

ASTHMA PREVENTER

User guide

Why have I been prescribed Clenil®?

Your doctor, nurse or pharmacist has prescribed your Clenil® inhaler to help control your asthma. By taking your inhaler regularly, you can help to prevent your symptoms.

What is in my inhaler?

Your Clenil® inhaler contains a medicine called a corticosteroid (beclometasone) that helps to reduce swelling and inflammation.

How often should I use my inhaler?

Clenil® is available in 4 different strengths. Your doctor, nurse or pharmacist will have decided which strength you need.

Always use your inhaler exactly as you have been prescribed. You should check with your doctor, nurse or pharmacist if you are not sure. It takes a few days for your inhaler to work. It is very important that you use it regularly as prescribed.

The starting dose will depend on how severe your asthma is – your doctor, nurse or pharmacist will prescribe the lowest dose of Clenil® that will control your symptoms.

Do I have to take my inhaler when I have no symptoms?

Understandably, when you don't have any symptoms, it can be easy to forget to take your treatment or to feel like you do not need to. You must use your inhaler every day, even when you are feeling well. Do not stop using your inhaler unless you are told to by your doctor, nurse or pharmacist. Do not stop using your inhaler abruptly.

Your doctor, nurse or pharmacist will advise you on how Clenil® should be taken in combination with any other medication and provide you with an action plan to help you manage your respiratory symptoms.

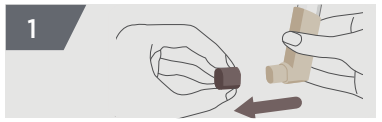
How do I use my inhaler?

Follow the next five steps to use your inhaler, making sure not to rush yourself.

Before using your inhaler for the first time or if it has not been used for 3 days or more, release 1 puff into the air to make sure it is working properly.

- Your inhaler includes a dose indicator that counts down in intervals of 20
- If you are testing your inhaler for the first time, the dose indicator should read 200
- You should get a replacement when the indicator shows the number 20
- Stop using the inhaler when the indicator shows 0 as any puffs left in the device may not be enough to give you a full dose

1



Remove the protective cap from the mouthpiece and check that it is clean and free from any foreign objects.

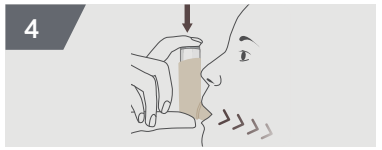
2

Breathe out as far as is comfortable.

3

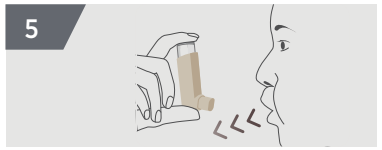
Hold the inhaler upright as shown, with your thumb on the base, below the mouthpiece as shown, and put your lips around the mouthpiece. Do not bite the mouthpiece.

4



Just after starting to breathe in through your mouth, press down on the top of the inhaler to release 1 puff while still breathing in steadily and deeply.

5



Hold your breath for as long as is comfortable and, finally remove the inhaler from your mouth and breathe out slowly. Do not breathe out into the inhaler.

To take a second puff, keep your inhaler in the upright position for about half a minute, then repeat steps 2 to 5.

Important: Do not rush steps 2 to 5. After use, close your inhaler again with the protective cap and check the dose counter.

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How do I use my inhaler with a Volumatic™ Spacer?

Your doctor, nurse or pharmacist may have prescribed a spacer, called a **Volumatic™ Spacer** to be used with your inhaler.

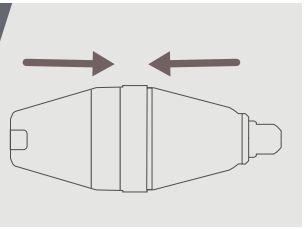
Follow the next 9 steps to use your inhaler with a spacer.

Don't forget to refer to the information leaflet that comes with the **Volumatic™ Spacer**, or speak to your doctor, nurse or pharmacist for more information or help on how to use and clean it.

Using the inhaler with the **Volumatic™ Spacer** device with a face mask may help in children under 5 years.

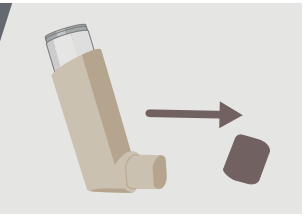
Before using your inhaler for the first time or if it has not been used for 3 days or more, release 1 puff into the air to make sure it is working properly.

1



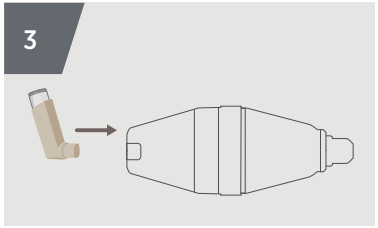
Fit the two halves of the spacer together.
Line up the notch on one half with the slot on the other, then press firmly together.

2



Remove the protective cap from the mouthpiece and check that it is clean and free from any foreign objects.

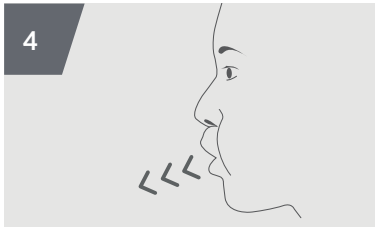
3



Insert the mouthpiece of your inhaler into the flat end of the spacer.

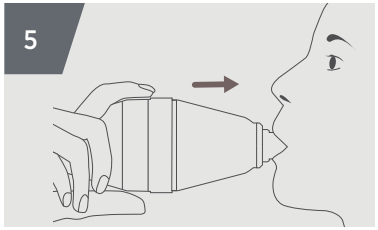
Check inside and outside the spacer mouthpiece to make sure that it is clean.

4



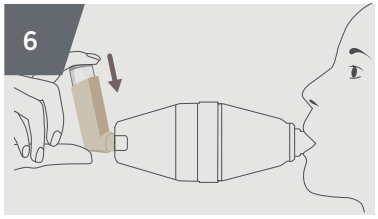
Breathe out as far as is comfortable.

5



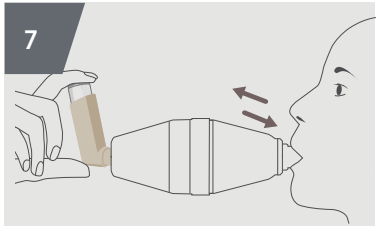
Place the spacer mouthpiece in your mouth between your teeth. Close your lips firmly around the mouthpiece but do not bite it. Do not put your lips over the side holes of the mouthpiece.

6



Press down on the top of your inhaler canister once to release 1 puff into the spacer.

7



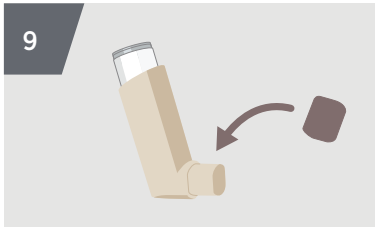
Straight away take one deep steady breath or 5 normal breaths to make sure that the medicine goes into your lungs. You do not need to take the spacer out of your mouth to breathe out. You should be able to hear the mouthpiece valve 'click' or rattle as you breathe in and out. If you are not able to hear a rattle, hold the spacer up at an angle and try again.

8

Hold your breath for as long as is comfortable, then take the inhaler out of your mouth. Wait 30 seconds and repeat steps 4-7 if a second puff is prescribed.

Do not release all your puffs into the spacer at once. You must inhale one puff at a time.

9



Remove the inhaler from the spacer, replace the protective cap and check the dose counter.

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How do I know if I'm having an asthma attack?

1. **Your symptoms are getting worse (cough, breathlessness, wheezing or tight chest).**
2. **Your reliever inhaler (usually blue) is not helping.**
3. **You're too breathless to speak, eat, walk or sleep.**
4. **Your breathing is getting faster and it feels like you can't catch your breath.**

Please also refer to your personalised asthma action plan.

What should I do if I'm having an asthma attack?

1. **Sit up straight and try to keep calm.**
2. **Take one puff of your reliever inhaler (usually blue) every 30- 60 seconds up to 10 puffs.**
3. **If you feel worse at any point OR you don't feel better after 10 puffs call 999 for an ambulance.**
4. **If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.**
5. **If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.**

What should I do if my symptoms improve and i don't need to call 999?

You should call your doctor or asthma nurse and ask for an **URGENT SAME DAY APPOINTMENT**, tell them 'my asthma is getting worse, and I need to see someone for urgent advice'. If you cannot get an appointment, or if your doctor is closed, you should call 111 for advice.

What should I do after my asthma attack?

You should see a doctor or asthma nurse within 48 hours of leaving hospital, or ideally on the same day if you did not need hospital treatment.

Where can I find more information?

To find out more about asthma and using your inhaler, you may find the following contacts and websites useful:

Please note: these links may take you to a website that is not owned or controlled by Chiesi Limited. Chiesi Limited is not responsible for the content provided on such websites.

Asthma+Lung UK:
www.asthmaandlung.org.uk | Helpline: 0300 222 5800

NHS 111 service (non-emergency):
www.england.nhs.uk/ourwork/pe/nhs-111 | Telephone: 111
Call 111 when it's less urgent than 999. If you're worried about an urgent medical concern, call 111 and speak to a fully trained advisor. For less urgent health needs, contact your doctor, nurse or pharmacist.

Chiesi Air:
www.ChiesiAir.co.uk
This website has been provided by Chiesi Limited

This leaflet is not intended to replace the advice of your healthcare professional. If you have any questions about your medication, please speak to your doctor, nurse or pharmacist.

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: **www.mhra.gov.uk/yellowcard**

By reporting side effects you can help provide more information on the safety of this medicine.

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