

## ASTHMA

# User guide

## ASTHMA MAINTENANCE ONLY THERAPY

### Why have I been prescribed Fostair®?

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

### What is in my inhaler?

Your Fostair® inhaler contains a medicine called a steroid (beclometasone) that helps to reduce swelling and inflammation and a medicine called a long-acting bronchodilator (formoterol) that helps to open up the airways.

### How often should I use my inhaler?

To work properly, your inhaler needs to be taken every day, as prescribed by your doctor, nurse or pharmacist.

TAKE YOUR INHALER \_\_\_\_\_ PUFF(S) TWO TIMES A DAY



\_\_\_\_\_ puff(s) in the morning



\_\_\_\_\_ puff(s) in the evening



### 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. Regular use of your inhaler is the most effective way to keep you feeling this way.

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

### How do I use my inhaler?

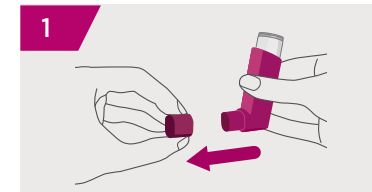
**Whenever possible, sit or stand in an upright position when using your inhaler.**

- Before using your inhaler for the first time or if it has not been used for 14 days or more, release 1 puff into the air to make sure it is working properly.
- If you are testing your inhaler for the first time, the dose counter should read 120.
- You should get a replacement when the counter shows the number 20. Stop using the inhaler when the counter shows 0 as any puffs left in the device may not be enough to give you a full dose.
- Take your inhaler to your pharmacist for disposal and get a **new** one.

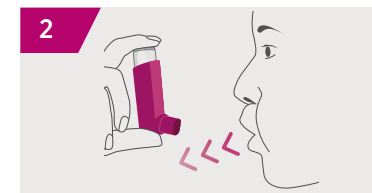
**Follow the next five steps to use your inhaler, making sure not to rush yourself.**

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

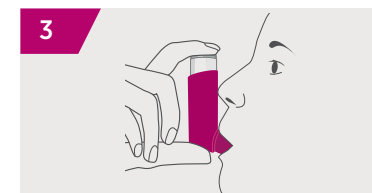
**IMPORTANT:** Do not repeat steps 2 to 5 too quickly. After use, close your inhaler again with the protective cap.



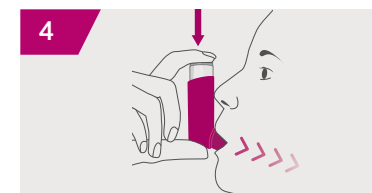
Remove the protective cap from the inhaler mouthpiece and check that it is clean and free from dust, dirt or any other foreign objects.



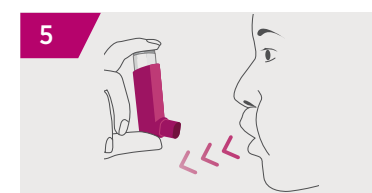
Breathe out slowly and deeply as possible.



Hold the inhaler upright as shown and put your lips around the mouthpiece. Do not bite the mouthpiece.



Breathe in slowly and deeply through your mouth and, just after starting to breathe in, press down on the top of the inhaler to release 1 puff whilst continuing to breathe in slowly and deeply.



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.

## How do I use my inhaler with a spacer?

You may have been prescribed a spacer, called the **AeroChamber Plus™** to be used with your inhaler. Your spacer may look like a long chamber with a mouthpiece at one end and a hole at the other where it attaches to your inhaler.

Follow the next 7 steps to use your inhaler with a spacer. Don't forget to refer to the information leaflet that comes with the **AeroChamber Plus™**, or speak to your doctor, nurse or pharmacist for more information or help.

### SPACER: AEROCHAMBER PLUS™



**AeroChamber Plus™ is a registered trademark of Trudell Medical International.**

To begin, stand or sit in a comfortable upright position.

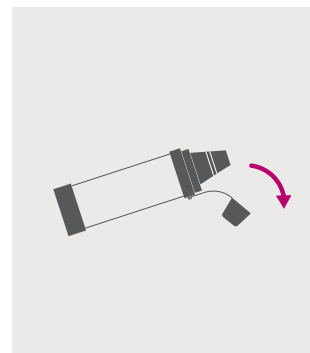
#### STEP 1

Remove the protective cap from your inhaler and the spacer mouthpiece.



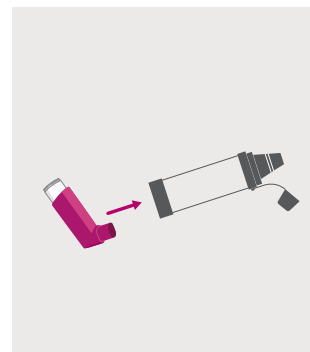
#### STEP 2

Make sure the spacer is clear and there are no objects that could block the flow of air.



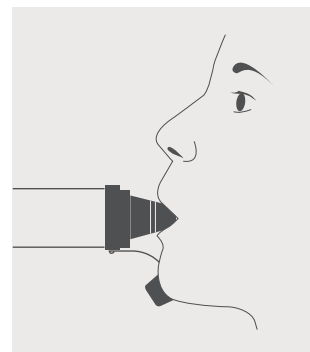
#### STEP 3

Insert your inhaler into the hole in the back of the spacer.



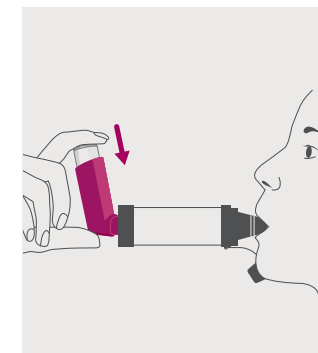
#### STEP 4

Put the spacer mouthpiece into your mouth.



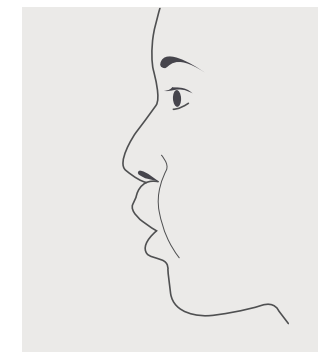
#### STEP 5

Push down on the top of the inhaler and start breathing in slowly. Keep a good seal around the spacer mouthpiece and take 5 breaths after pushing down on the top of the inhaler.



#### STEP 6

Slow down your breathing if you hear a whistle sound.



#### STEP 7

Wait 30 seconds before repeating steps 4-6 as prescribed.



## How do I clean my inhaler?

You should clean your inhaler once a week. When cleaning, do not remove the canister from the actuator and do not use water or other liquids to clean your inhaler.

### To clean your inhaler:

1. Remove the protective cap from the mouthpiece by pulling it away from your inhaler.
2. Wipe inside and outside of the mouthpiece and the actuator with a clean, dry cloth or tissue.
3. Replace the mouthpiece cover.

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

### You are having an asthma attack if:

1. You're wheezing a lot, have a very tight chest, or you're coughing a lot
2. Your blue reliever isn't helping, or you need to use it more than every four hours
3. Your symptoms (coughing, wheezing, tightness in the chest and shortness of breath) continue to get worse after you have used your blue reliever
4. Your breathing is getting faster and it feels like you can't get your breath in properly
5. You are breathless and find it difficult to walk or talk

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

### 1. What to do in an asthma attack:

- Sit up straight – don't lie down. Try to keep calm
- Use your reliever inhaler immediately
- Loosen tight clothing
- Try to take slow, steady breaths

### 2. If there is no immediate improvement:

- Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs

### 3. If you do not feel better after taking your inhaler as instructed above:

- Call 999 or a doctor urgently

### 4. Repeat step 2 after 10 minutes while you're waiting for an ambulance

- If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately

### 5. If your symptoms improve and you do not need to call 999 or a doctor:

- You should call your GP and ask the receptionist 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 your GP is closed, you should call 111 for advice

Please also refer to your personalised asthma action plan.

## 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 UK:

[www.asthma.org.uk](http://www.asthma.org.uk) | Helpline: 0300 222 5800

### British Lung Foundation:

[www.blf.org.uk](http://www.blf.org.uk) | Helpline: 03000 030 555

### NHS 111 service (non-emergency):

[www.england.nhs.uk/ourwork/pe/nhs-111](http://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 GP or local pharmacist.

### Chiesi Air:

[www.ChiesiAir.co.uk](http://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](http://www.mhra.gov.uk/yellowcard)

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