

Looking after your inhaler

Cleaning your inhaler

You may clean your inhaler after use with a dry cloth or tissue if needed. Do not clean your inhaler with water or other liquids — it's important to keep it dry. For full instructions on how to clean your inhaler, see your Patient Information Leaflet.

Replacing your inhaler

With each inhalation the dose counter decreases by one. You should stop using the inhaler and get a replacement when the counter shows '0'.

Disposing of your inhaler

Medicines should not be disposed of in waste water or household waste. Please help to protect the environment by taking any inhalers that are used or no longer needed to your pharmacist, who will help to dispose of them safely.



Follow the QR code
for more support with
using your inhaler,
including videos.

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.



Chiesi are proud to be a part of the B Corp movement

You can find more information and support for managing your asthma at Asthma + Lung UK, www.asthmaandlung.org.uk

ASTHMA

Get to know your Fostair[®] NEXThaler[®]

A quick guide to your dry powder inhaler
100/6 or 200/6 (beclometasone + formoterol)

Use this guide to understand how to use your inhaler, which has been prescribed to control your asthma.

To work properly and help control your symptoms, your inhaler needs to be taken as prescribed. Your doctor, nurse or pharmacist will help you make an action plan to manage your asthma and advise you on how often to take your inhaler each day.



What's in your inhaler?

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

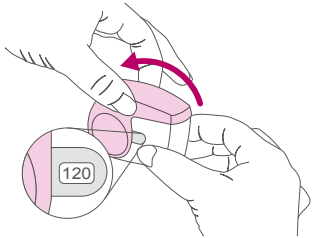
Please refer to the Patient Information Leaflet for detailed information about your medicine.

5 steps to using your inhaler

Before using your inhaler for the first time, check that the dose counter shows '120'. If it shows less than '120' please return it to the pharmacy you got it from and request a new one.

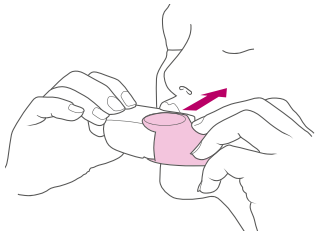
Take your time and sit or stand in an upright position when using your inhaler.

1 Open



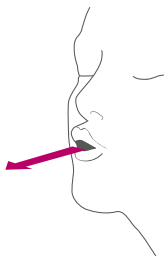
Hold your inhaler in the upright position and **open the cover fully**.
Note the number of doses left on the dose counter. Any number between "1" and "120" shows that there are doses left.

2 Inhale



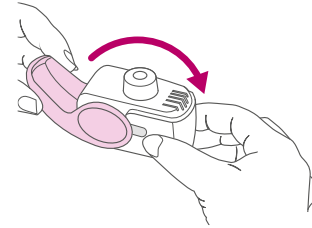
Before inhaling, breathe out as far as is comfortable. Do not breathe out through your inhaler.
Lift your inhaler up, bring it to your mouth and place your lips around the mouthpiece. Do not cover the air vent when holding your inhaler and do not inhale through the air vent.
Take a forceful and deep breath through your mouth.

3 Exhale



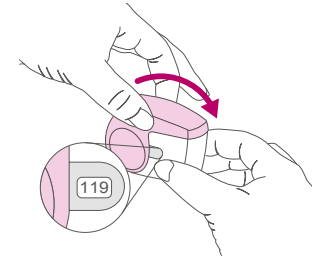
You may hear or feel a click when the dose has been released from the device. After the click, continue to inhale deeply to ensure the dose reaches the lungs.
Remove your inhaler from your mouth.
Hold your breath for 5 to 10 seconds or as long as is comfortable.
Breathe out slowly.

4 Close



Hold the inhaler in the upright position and **close the cover fully**.

5 Check



Check the dose counter has gone down by one. This shows you have successfully inhaled a dose.

!
To take a second dose, repeat steps 1 to 5. **Do not repeat steps too quickly.**

How do you know if you've taken a dose?

Your Fostair® NEXThaler® has been developed with a triple feedback system to reassure you that you've taken a dose successfully.

1. You may hear and/or feel a click when you inhale your dose. This means the dose has been released from the inhaler.
Note that opening and closing the cover will also make a click sound.
2. You may notice a taste when you take your dose. This is perfectly normal and isn't something to worry about.
3. When you close the cover after a successful dose, the dose counter will go down by one. The counter will not decrease if you do not successfully inhale a dose. If you are not sure whether the dose counter has gone down by one after an inhalation, wait until your next scheduled dose and take this as normal. Do not take an extra dose.

What happens if you open and close the inhaler without taking the medicine?

If you open the inhaler but don't inhale a dose before closing the cover, the dose is moved back to the powder reservoir within the inhaler. Doses do not accumulate, meaning you will not accidentally take extra medicine or a double dose in one inhalation.