

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. 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 Clenil® should be taken in combination with any other medication and provide you with an action plan to help you manage your respiratory symptoms.**

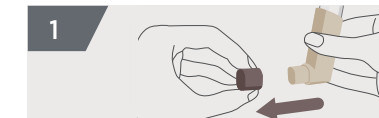
## How do I use my inhaler?

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

- 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
- Take your inhaler to your pharmacist for disposal and get a new one

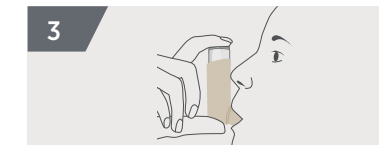
To begin, stand or sit in a comfortable upright position.



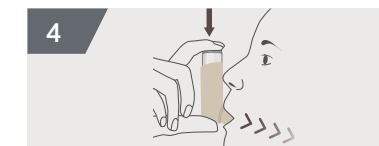
Remove the protective cap from the mouthpiece and check that it is clean and free from dust, dirt or any foreign objects.



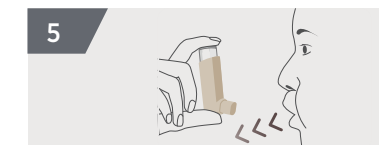
Breathe out as slowly and deeply as possible.



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.

**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.

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

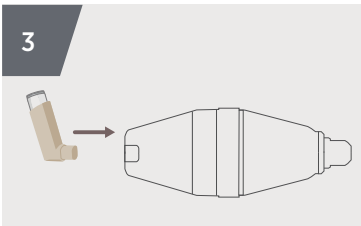
Your doctor, nurse or pharmacist may have prescribed a spacer, called a **Volumatic™ Spacer** to be used with your inhaler.

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

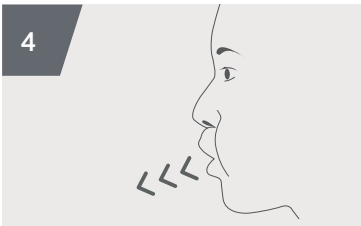
Don't forget to refer to the information leaflet that comes with the **Volumatic™ Spacer**, or speak to your doctor, nurse or pharmacist for more information or help on how to use and clean it.

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

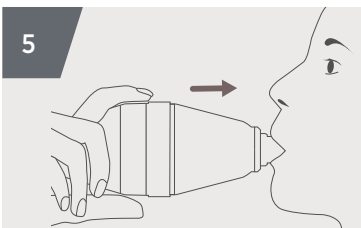
Before using your inhaler for the first time or if it has not been used for 3 days or more, release 1 puff into the air to make sure it is working properly. Whenever possible, sit or stand in an upright position when using your inhaler.



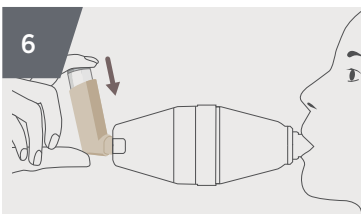
Insert the mouthpiece of your inhaler into the flat end of the spacer.



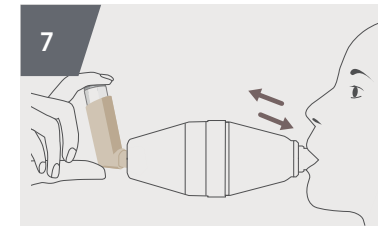
Breathe out as far as is comfortable.



Put the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece. Do not bite the mouthpiece. Do not put your lips over the side holes of the mouthpiece.



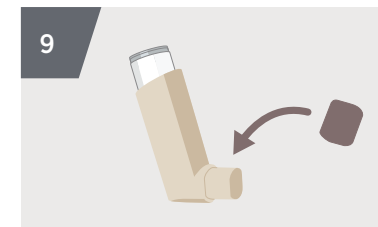
Press down on the top of your inhaler canister once to release one puff into the spacer.



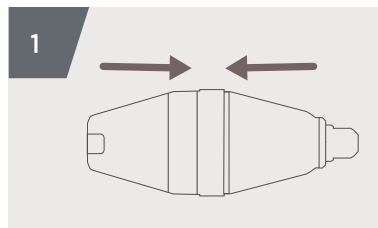
Take one deep, steady breath or breathe normally in and out 5 times (tidal breathing). You should hear the mouthpiece valve 'click' or rattle as you breathe through it. If you don't hear it, tilt the spacer up slightly and try again. Remove the spacer from your mouth.



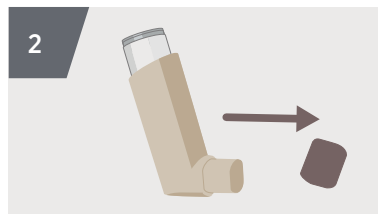
Wait 30 seconds and repeat steps 4-7 if a second puff is prescribed.



Remove the inhaler from the spacer and replace the inhaler protective cap.



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



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

**Volumatic™ is a registered trademark of the GlaxoSmithKline Group of Companies.**

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

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

## 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.

Please also refer to your personalised asthma action plan.