

## ASTHMA

# User guide

## Why have I been prescribed Trimbow®?

Your doctor, nurse or pharmacist has prescribed Trimbow® because you need three types of inhaled medicine to help control your asthma – and Trimbow® delivers these three medicines in one inhaler.

Trimbow® is used as a 'maintenance therapy' – this means you need to take it on a regular basis as you have been prescribed, even if you feel well, to help control your asthma symptoms.



## What is in my inhaler?

Trimbow® contains three medicines: beclometasone, formoterol and glycopyrronium.

Beclometasone belongs to a group of medicines called corticosteroids, which help to reduce the swelling and irritation in the lungs.

Formoterol, a long-acting beta-agonist, and glycopyrronium, a long-acting muscarinic antagonist, are medicines that relax the muscles in the airways, helping to open them wider and allowing you to breathe more easily.

## How often should I use my inhaler?

You should take your inhaler as prescribed – two puffs twice a day:

### TAKE YOUR INHALER:

**2** puffs in the morning



**2** puffs in the evening



## How do I use my inhaler?

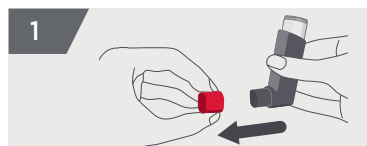
### When using for the first time:

- Check that the dose counter reads '121' and remove the protective cap from the mouthpiece
- Hold your inhaler upright with the mouthpiece at the bottom
- To ensure your inhaler is working properly, point it away from you and release 1 puff into the air
- You should **see a 'mist'** come from your inhaler and the **dose counter should move down from '121' to '120'**



## For everyday use

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



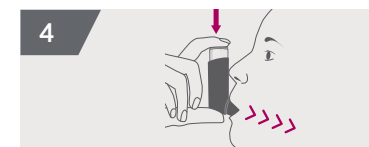
Remove the protective cap from the inhaler mouthpiece and check that it is clean and free from dust, dirt or any other foreign objects.



Breathe out slowly and deeply.



Hold the inhaler upright. Place the mouthpiece between your front teeth without biting it, closing your lips tightly around the mouthpiece to form an effective seal. Ensure your tongue remains flat and does not obstruct the mouthpiece.



Whilst breathing in slowly and deeply through your mouth, press down firmly on the pressurised container to release one puff.



Hold your breath for 5–10 seconds or 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. After use, close your inhaler again with the protective cap. Rinse your mouth or gargle with water, without swallowing, or brush your teeth each time you use your inhaler.**

The dose counter decreases by one with every puff. You should get a replacement inhaler when the counter shows '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.



**You should clean your inhaler once a week. Please refer to the patient information leaflet for how to clean your inhaler correctly.**

## How should I store my inhaler?

It's important to store your inhaler correctly. Although your doctor, nurse or pharmacist will have stored your inhaler in the refrigerator, you can keep your inhaler at room temperature (not above 25°C) for a maximum of four months. Keep your inhaler out of the sight and reach of children.

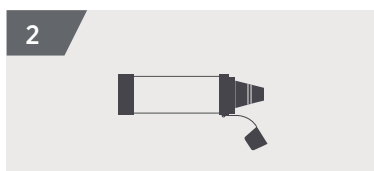
## How do I use my inhaler with a spacer?

Your doctor, nurse or pharmacist may have prescribed a spacer, called the **AeroChamber Plus<sup>®</sup>** to be used with your inhaler. This can make inhaling the medicine a little easier and helps to ensure you are receiving all of your dose. Your spacer will look like a long chamber with a mouthpiece at one end and a hole at the other where it attaches to your inhaler.

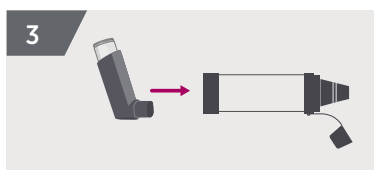
Follow the next 7 steps to use your inhaler with a spacer. Don't forget to refer to the information leaflet that comes with the **AeroChamber Plus<sup>®</sup>** spacer, or speak to your doctor, nurse or pharmacist for more information or help.



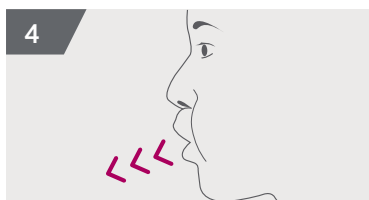
Remove the protective cap from the inhaler mouthpiece and check that it is clean and free from dust, dirt or any other foreign objects.



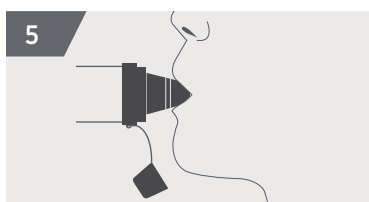
Remove the protective cap from the spacer mouthpiece and check there is nothing inside it.



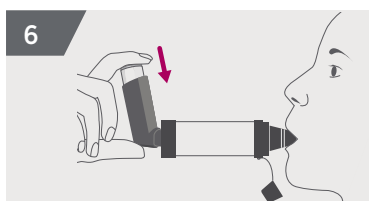
Insert the mouthpiece of the inhaler into the inhaler port of the spacer. Make sure the inhaler mouthpiece points straight towards the spacer mouthpiece.



Breathe out slowly and deeply.

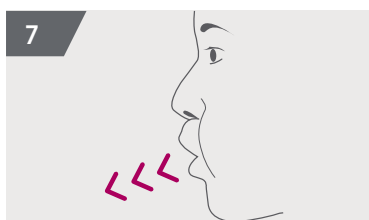


Place the mouthpiece of the spacer in your mouth between your front teeth, closing your lips tightly around the mouthpiece for an effective seal. Ensure your tongue remains flat and does not obstruct the mouthpiece.



Whilst breathing in slowly and deeply through your mouth, press down firmly on the pressurised canister to release one puff. Once a full breath has been taken, hold for 5-10 seconds, or for as long as is comfortable.

If you are unable to breathe slowly, you can simply breathe in and out 2-3 times as normal (through your mouth) to obtain the medication.



Remove the spacer and Trimbow inhaler from your mouth and breathe out slowly.

**Check that the dose counter has moved down by one, keep your inhaler in the upright position for about half a minute and then repeat the steps to take your second puff.**

## Where can I find more information?

For information about asthma and 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

For more information about using your inhaler, visit [www.ChiesiAir.co.uk](http://www.ChiesiAir.co.uk).

**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.**

**AeroChamber Plus<sup>®</sup> is a registered trademark of Trudell Medical International.**

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**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.