

USER GUIDE

Maintenance And Reliever Therapy (MART)

For when you have been prescribed Fostair® pressurised metered dose inhaler 100/6 (beclometasone + formoterol)

ASTHMA

This is a quick guide to your inhaler and how to use it. Please refer to the patient information leaflet for detailed information about your medicine.

What is Fostair and what is it used for?

Your doctor or nurse has prescribed this inhaler to help control your asthma.

This inhaler is a combination inhaler. Combination inhalers contain two medicines.

- “**maintenance**” medication is called a steroid (beclometasone) that helps to reduce inflammation.
- “**reliever**” medication is called a long-acting bronchodilator (formoterol) that helps to open up the airways.

What is MART?

MART stands for **Maintenance And Reliever Therapy**.

This means that your inhaler can be used to **maintain** your asthma control and **relieve** any sudden symptoms you have in between your usual morning and evening doses. You may previously have used a blue inhaler as a reliever inhaler but your Fostair inhaler can now do the job of both your usual maintenance therapy and your blue reliever inhaler.

Your inhaler can help treat symptoms such as:

- Shortness of breath
- Wheezing
- Coughing

How often should I use my inhaler?

Take 1 puff in the morning and 1 puff in the evening every day.

You should also use your inhaler as a reliever inhaler to treat sudden symptoms, so please ensure you keep it with you at all times.

If you get sudden asthma symptoms, take **1 puff** of your inhaler and wait a few minutes. If you do not feel better, take another puff.



For maintenance therapy, take your inhaler:

1 puff in the morning.



1 puff in the evening.



For reliever therapy, take your inhaler:

1 puff at any time in response to symptoms, but no more than 6 a day.

You should not take more than 6 reliever puffs per day.

This means that in total you cannot take more than 8 puffs per day:



If you feel you need more reliever puffs each day to control your asthma symptoms, seek medical advice from your doctor or asthma nurse as they may need to change your treatment.

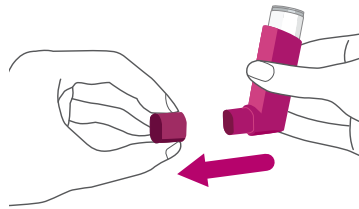
How do I use my inhaler?

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 14 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.

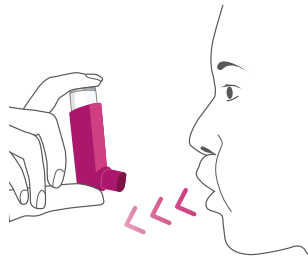
STEP 1

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



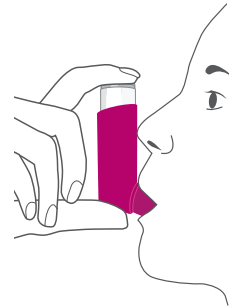
STEP 2

Breathe out as slowly and deeply as possible.



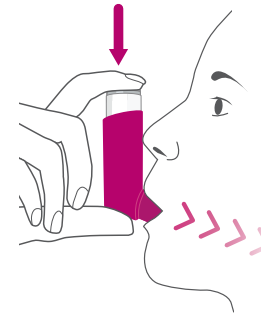
STEP 3

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



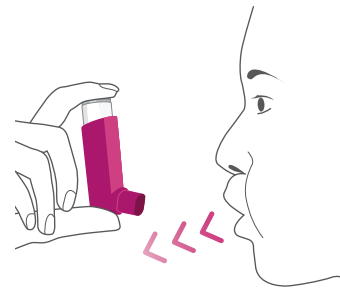
STEP 4

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.



STEP 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 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 repeat steps 2 to 5 too quickly. After use, close your inhaler again with the protective cap.

The dose counter decreases by one with every puff. You should get a replacement prescription 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.



How do I use my inhaler with a spacer?

Your doctor may have 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.

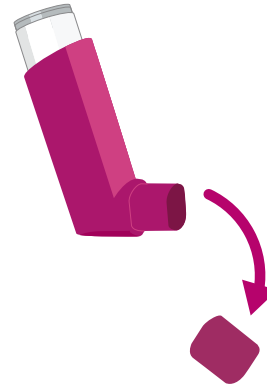
Follow the next 7 steps to use your inhaler with a spacer. Don't forget to refer to the information leaflet that comes with the **AeroChamber Plus™**, or speak to your doctor or nurse for more information or help.

Spacer: AeroChamber Plus™



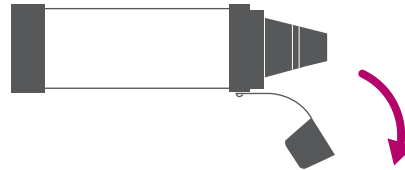
STEP 1

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



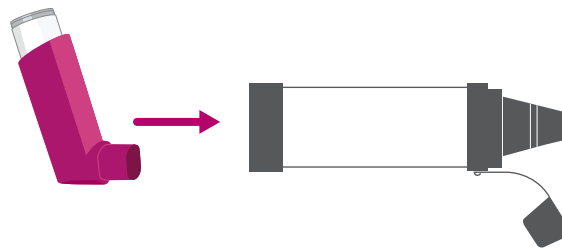
STEP 2

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.

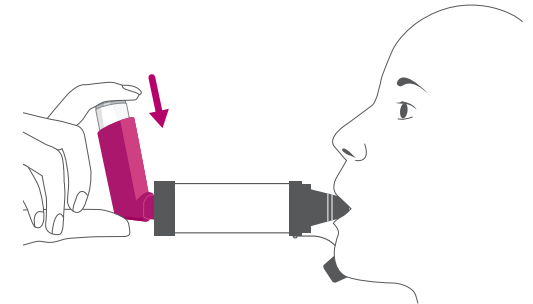


STEP 4

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 know if I'm having an asthma attack?

You're having an asthma attack if you are experiencing any of these:

- Your symptoms continue to get worse after you have used your reliever puffs.
- You're wheezing a lot, have a very tight chest, or you're coughing a lot.
- You're breathless and find it difficult to walk or talk.
- Your breathing is getting faster and it feels like you can't get your breath in properly.



Remember to always keep this inhaler with you for reliever use.

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 Fostair inhaler immediately.
 - Loosen tight clothing.
 - Try to take slow steady breaths.
- 2 If there is no immediate improvement:**
 - Continue to take 1 puff of your inhaler every few minutes, up to a maximum of 6 puffs.
- 3 If you do not feel better after taking your inhaler as instructed above:**
 - Call 999 or a doctor urgently.
- 4 If your symptoms improve and you do not need to call 999 or a doctor:**
 - You should still make an urgent same day appointment with your doctor or nurse for an asthma review.

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:

Asthma UK

www.asthma.org.uk
Helpline: 0300 222 5800

British Lung Foundation

www.blf.org.uk
Helpline: 03000 030 555

NHS 111 Service (non-emergency)

www.england.nhs.uk/ourwork/pe/nhs-111/
Telephone: 111

Chiesi Respiratory

www.ChiesiRespiratory.co.uk
This website has been provided by Chiesi Ltd

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.