

COPD

User guide

Why have I been prescribed Fostair® NEXThaler®?

Your doctor, nurse or pharmacist has prescribed your inhaler to help you manage the symptoms of Chronic Obstructive Pulmonary Disease (COPD).



What is in my inhaler?

Your inhaler is known as a dry powder inhaler and contains two medicines:

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

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. In the next section you can find a step-by-step guide on how to use your inhaler.

TAKE YOUR INHALER:

2 inhalations in the morning



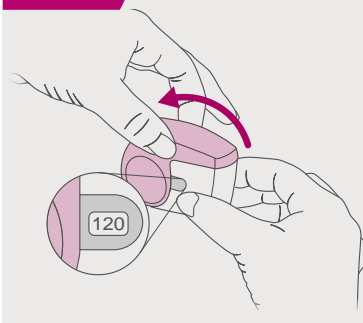
2 inhalations in the evening



How do I use my inhaler?

Before taking your dose, check the number of doses left on the dose counter. If the counter shows '0' there are no doses left. Do not use a new inhaler if the number shown on the dose counter is less than 120. Take your inhaler to your pharmacist for disposal and get a new one.

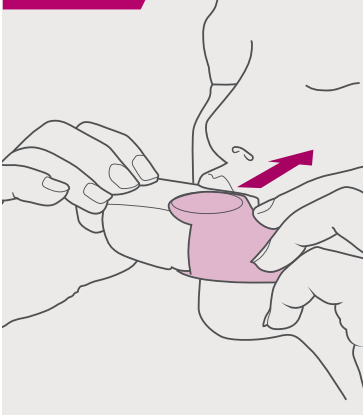
1. OPEN



Open the cover fully with your inhaler in the upright position.

Note the number of doses left on the dose counter.

2. INHALE



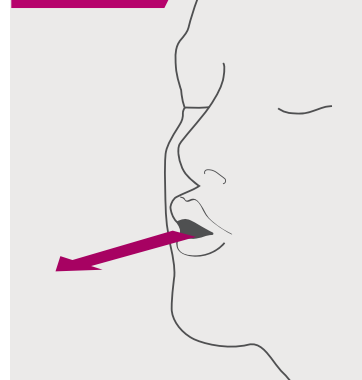
Whenever possible, stand or sit in an upright position when inhaling.

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



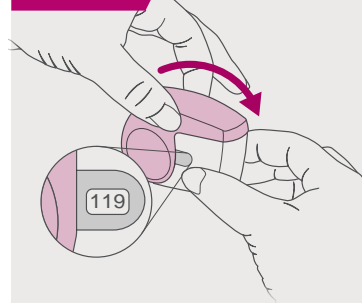
You may hear or feel a click when the dose has been released from the device. You may notice a taste when you take your dose. **After the click, continue to inhale deeply to ensure the dose reaches the lungs.**

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



Close the cover fully with the inhaler in the upright position.

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

To take a second dose, repeat the steps outlined in this section.

How do I clean my inhaler? If necessary you may clean your inhaler after use with a dry cloth or tissue. Do not clean your inhaler with water or other liquids. Keep it dry.

How do I know I've taken a dose?

Your Fostair® NEXThaler® has been developed with a triple feedback system to provide you with reassurance that you have taken a dose successfully.

- 1 You may hear and/or feel a click when you inhale your dose – this means that 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.
- 3 When you close the cover after a successful inhalation, the dose counter will go down by one. The counter will not decrease if you do not successfully inhale a dose.

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

In the event that you open the inhaler but do not end up inhaling before closing, 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.



Where can I find more information?

To find out more about COPD 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

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

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

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

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