

COPD

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 COPD – 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 COPD 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 and glycopyrronium are medicines called long-acting bronchodilators. They act in different ways to relax the muscles in your airways, helping to open the airways wider and allowing you to breathe more easily.

How often should I use my inhaler?

You should take your inhaler as prescribed – two inhalations twice a day.

TAKE YOUR INHALER:

2

inhalations in the morning



2

inhalations in the evening

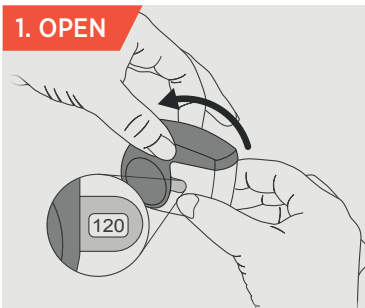


How do I use my inhaler?

Before taking your dose, check the number of doses left on the dose counter. If the counter shows '0' there are no doses left – dispose of your inhaler and get a **new** one.

For the first use, the dose counter window should show "120". If the number shown is less than "120", you should return the inhaler to the person who supplied it to you and get a **new** one.

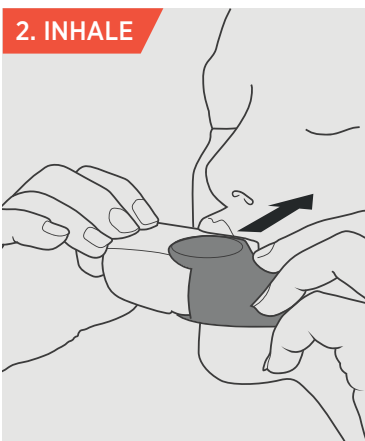
1. OPEN



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.

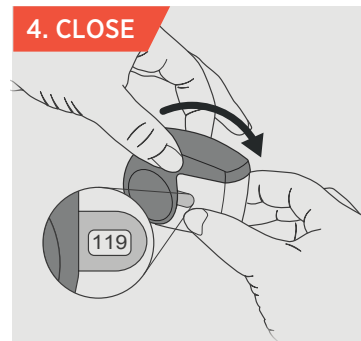
3. HOLD & EXHALE



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. Do not remove your inhaler from your lips during the inhalation. Remove your inhaler from your mouth. Hold your breath for 5 to 10 seconds or as long as is comfortable. You may notice a taste when you take your dose this is normal.

Breathe out slowly. Do not breathe out through your inhaler.

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. If you are not sure the dose counter has gone down by one after inhalation, wait until your next scheduled dose and take this as normal. Do not take an extra dose.

To take a second dose, repeat the steps outlined under Open, Inhale and Close.

Normally, it is not necessary to clean your inhaler. If necessary, you may clean your inhaler 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 Trimbow NEXThaler has been developed with a triple feedback system to provide you with reassurance that you have taken a dose successfully.

1

You will hear and/or feel a click when you inhale your dose – this means that the dose has been released from the inhaler.

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.

If you miss a dose or take more than you should, please refer to the Patient Information Leaflet that came with your medicine and speak to your Doctor, Nurse or Pharmacist.

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.

How should I store my inhaler?

It's important to store your inhaler correctly. Do not use the inhaler if it is after the expiry date on the label and carton after EXP. The expiry date refers to the last day of that month.

Keep the inhaler in its original package in order to protect from moisture and only remove from the pouch immediately before first use.

After first opening, you can keep your inhaler at room temperature (not above 25°C) in a dry place for 6 weeks.

Use the adhesive label on the outer carton to write down the date you open the pouch and stick this on the bottom of the inhaler.



Keep your inhaler out of the sight and reach of children.

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

Where can I find more information?

For information about COPD 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

NHS

Helpline (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.

NHS choices

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>

NHS Smokefree (smoking cessation)

www.nhs.uk/smokefree

ASTHMA + LUNG UK

Asthma + Lung UK Helpline

0300 222 5800 (9:15am-5pm, Monday-Friday) Call to speak confidentially to respiratory nurses and healthcare advisors

For more information about using your inhaler, visit: 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.

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.