

Looking after your inhaler

Cleaning your inhaler

You should clean your inhaler once a week with a dry cloth or tissue if needed. Do not clean your inhaler with water or other liquids. For full instructions on how to clean your inhaler, see your Patient Information Leaflet.

Replacing your inhaler

With each inhalation the dose counter decreases by one. You should get a replacement inhaler when the counter shows '20'. Stop using the inhaler when the counter shows '0' as any inhalations left may not be enough to give you a full dose.

Disposing of your inhaler

Medicines should not be disposed of in waste water or household waste. Please help to protect the environment by taking any inhalers that are used or no longer needed to your pharmacist, who will help to dispose of them safely.



Follow the QR code for more support with using your inhaler, including videos.

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, pharmacist or nurse.

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.



Chiesi are proud to be a part of the B Corp movement

You can find more information and support for managing your asthma at Asthma + Lung UK, www.asthmaandlung.org.uk

ASTHMA

Get to know your Fostair[®] inhaler

A quick guide to your pressurised metered dose inhaler 100/6 or 200/6 (beclometasone + formoterol)

Use this guide to understand how to use your inhaler, which has been prescribed to control your asthma.

To work properly and help control your symptoms, your inhaler needs to be taken as prescribed. Your doctor, nurse or pharmacist will help you make an action plan to manage your asthma and advise you on how often to take your inhaler each day.



What's in your inhaler?

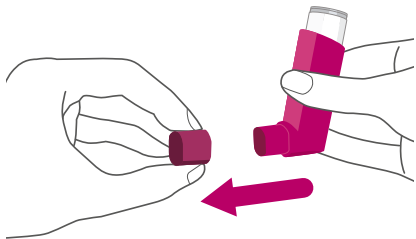
Your inhaler contains a medicine called a steroid (beclometasone) that helps reduce swelling and inflammation and a medicine called a long-acting bronchodilator (formoterol) that helps to open up the airways.

Please refer to the Patient Information Leaflet for detailed information about your medicine.

5 steps to using your inhaler

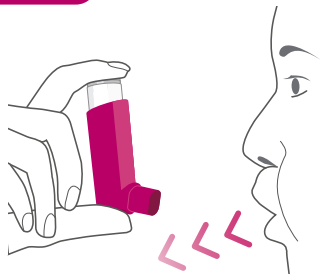
Before using your inhaler for the first time or if it hasn't been used for 14 days or more, release 1 inhalation into the air to make sure it's working properly. Take your time and sit or stand in an upright position when using your inhaler.

Step 1



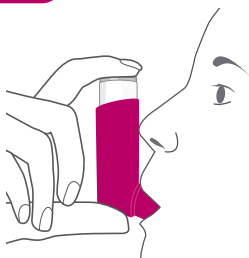
Remove the protective cap from the mouthpiece and check the mouthpiece is clean and free from dust, dirt or any foreign objects.

Step 2



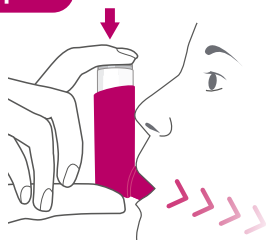
Breathe out as slowly and deeply as possible.

Step 3



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

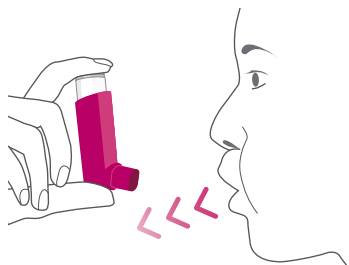
Step 4



Breathe in slowly and deeply through your mouth. Just after starting to breathe in, press down on the top of the inhaler to release 1 inhalation, while still breathing in slowly and deeply.

Step 5

Hold your breath for as long as is comfortable. Finally, remove the inhaler from your mouth and breathe out slowly. Do not breathe into the inhaler. To take a second inhalation, keep your inhaler in the upright position for about half a minute, then repeat steps 2 to 5.



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Do not repeat steps 2 to 5 too quickly. After use, close your inhaler again with the protective cap.

6 steps to using your inhaler with a spacer

You may have been prescribed a spacer (the AeroChamber Plus®) to be used with your inhaler. For more information or help, you can refer to the information leaflet for your spacer or speak to your healthcare professional.

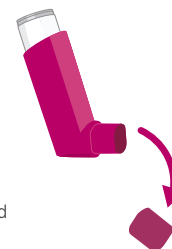
To begin, stand or sit in a comfortable upright position.

Spacer: AeroChamber Plus®



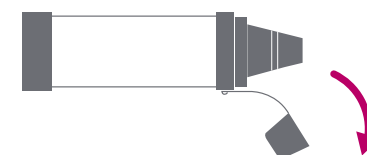
AeroChamber Plus® is a registered trademark of Trudell Medical International.

Step 1



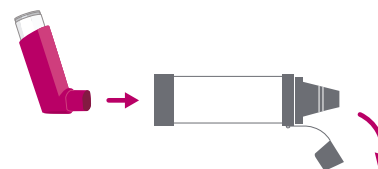
Remove the protective cap from your inhaler and the spacer mouthpiece.

Step 2



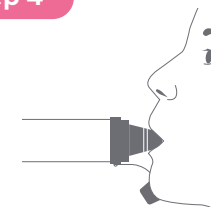
Make sure the spacer is clear and there are no objects that could block the flow of air.

Step 3



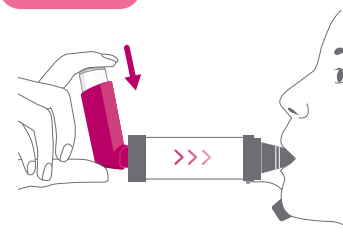
Insert your inhaler into the hole in the back of the spacer.

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 2-3 breaths after pushing down on top of the inhaler. Slow down your breathing if you hear a whistle sound.

Step 6



Remove the spacer from your mouth and breathe out slowly.


Wait 30 seconds before repeating steps 4-6 as prescribed.