User guide

Why have I been prescribed Fostair®?

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

How often should I use my inhaler?

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 take your inhaler.

TAKE YOUR INHALER:

2 puff(s) in the morning

2 puff(s) in the evening

Do I have to take my inhaler when I have no symptoms?

Understandably, when you don't have any symptoms, it can be easy to forget to take your treatment or to feel like you do not need to. You must use your inhaler every day, even when you are feeling well. Regular use of your inhaler is the most effective way to keep you feeling this way.

Your doctor, nurse or pharmacist will advice you on how Fostair® should be taken in combination with any other medication and provide you with a COPD action plan to help you manage your respiratory symptoms.

How do I use my inhaler?

Whenever possible, sit or stand in an upright position when using your inhaler.

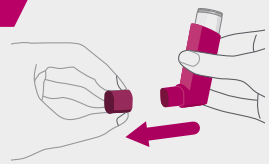
- Before using your inhaler for the first time or if it has not been used for 14 days or more, release 1 puff into the air to make sure it is working properly
- If you are testing your inhaler for the first time, the dose counter should read 120
- You should get a replacement when the counter shows the number 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
- Take your inhaler to your pharmacist for disposal and get a **new** one

Follow the next five steps to use your inhaler, making sure not to rush yourself.

To take a second puff, keep your inhaler in the upright position for about half a minute, then repeat steps 2 to 5.

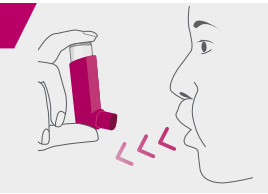
IMPORTANT: Do not repeat steps 2 to 5 too quickly. After use, close your inhaler again with the protective cap.

1



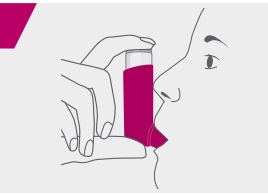
Remove the protective cap from the inhaler mouthpiece and check that it is clean and free from dust, dirt, or any other foreign objects.

2



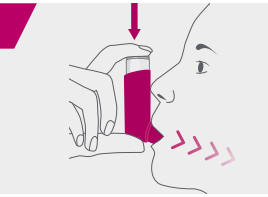
Breathe out as slowly and deeply as possible.

3



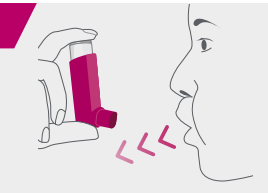
Hold the inhaler upright as shown and put your lips around the mouthpiece. Do not bite the mouthpiece.

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.

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.

For when you have been prescribed Fostair® pressurised metered dose inhaler 100/6 (beclometasone + formoterol).
Please refer to the patient information leaflet for detailed information about your medicine.

Fostair®
beclometasone/formoterol
100/6

Provided by Chiesi Limited.
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How should I use my inhaler with a spacer?

Your doctor, nurse or pharmacist 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®** spacer, or speak to your doctor, nurse or pharmacist for more information or help.

Spacer: AeroChamber Plus®

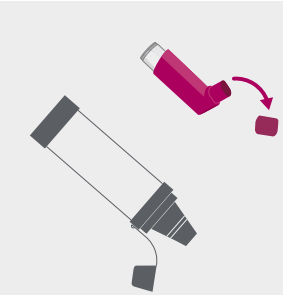


AeroChamber Plus® is a registered trademark of Trudell Medical International.

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

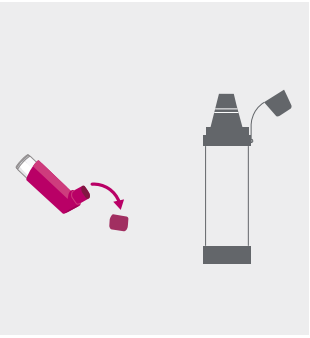
STEP 1

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



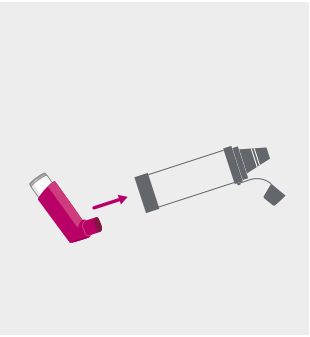
STEP 2

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



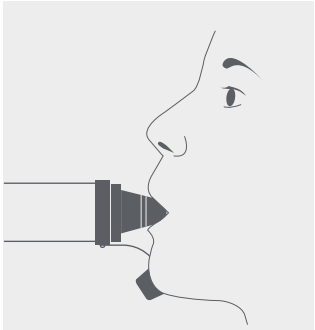
STEP 3

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



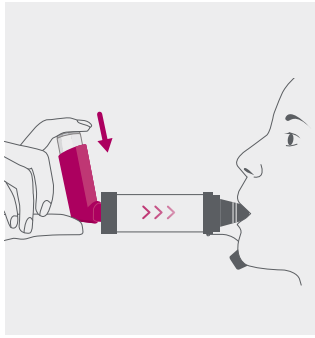
STEP 4

Put the spacer mouthpiece into your mouth.



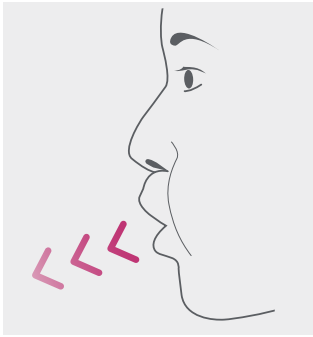
STEP 5

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 top of the inhaler.



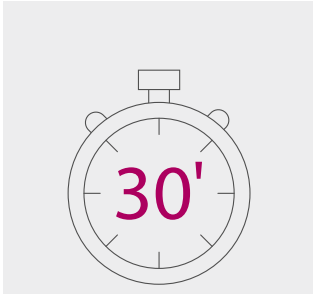
STEP 6

Slow down your breathing if you hear a whistle sound.



STEP 7

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



Fostair®
beclometasone/formoterol
100/6

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How do I clean my inhaler?

You should clean your inhaler once a week. When cleaning, do not remove the canister from the actuator and do not use water or other liquids to clean your inhaler.

To clean your inhaler:

1. Remove the protective cap from the mouthpiece by pulling it away from your inhaler
2. Wipe inside and outside of the mouthpiece and the actuator with a clean dry cloth or tissue
3. Replace the mouthpiece cover

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:

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 + Lung UK Helpline:
0300 222 5800 (9am–5pm, Monday–Friday)
Call to speak confidentially to an asthma nurse specialist.

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: **https://yellowcard.mhra.gov.uk/**

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