

ASTHMA

# User guide

ASTHMA MAINTENANCE ONLY THERAPY

## Why have I been prescribed Fostair® NEXThaler®?

Your doctor, nurse or pharmacist has prescribed your inhaler to help control your asthma. By taking your inhaler regularly, you can help to control your symptoms.



## 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 take your inhaler.

TAKE YOUR INHALER \_\_\_\_ INHALATION(S) TWO TIMES A DAY

inhalation(s) in the morning



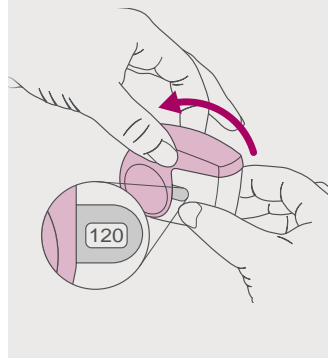
inhalation(s) in the evening



## 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.

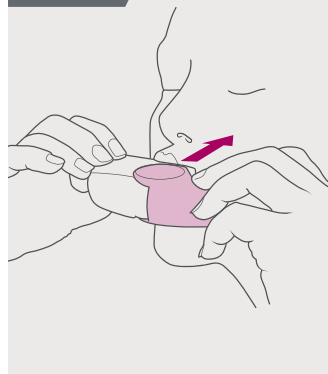
### OPEN



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

Note the number of doses left on the dose counter.

### INHALE



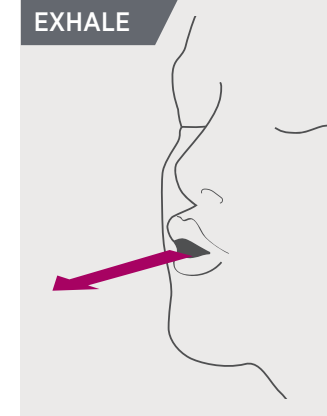
Whenever possible, stand or sit in an upright position when inhaling.

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.**

### 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.

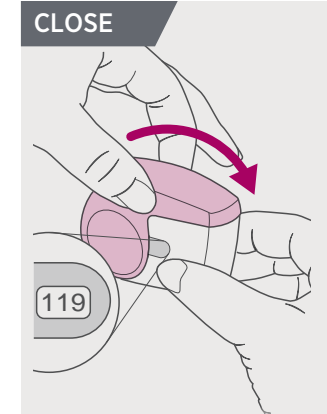
**After the click, continue to inhale deeply to ensure the dose reaches the lungs.**

Remove your inhaler from your mouth.

Hold your breath for 5 to 10 seconds or as long as is comfortable.

**Breathe out slowly.**

### 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 on this page.

## 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, do not inhale and then close the cover, 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 do I know if I'm having an asthma attack?

You are having an asthma attack if:

1. You're wheezing a lot, have a very tight chest, or you're coughing a lot
2. Your blue reliever isn't helping, or you need to use it more than every four hours
3. Your symptoms (coughing, wheezing, tightness in the chest and shortness of breath) continue to get worse after you have used your blue reliever
4. Your breathing is getting faster and it feels like you can't get your breath in properly
5. You are breathless and find it difficult to walk or talk

## 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 reliever inhaler immediately
  - Loosen tight clothing
  - Try to take slow steady breaths
2. **If there is no immediate improvement:**
  - Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs
3. **If you do not feel better after taking your inhaler as instructed above:**
  - Call 999 or a doctor urgently
4. **Repeat step 2 after 10 minutes while you're waiting for an ambulance**
  - If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately
5. **If your symptoms improve and you do not need to call 999 or a doctor:**
  - You should call your GP and ask the receptionist for an **URGENT SAME DAY APPOINTMENT**, tell them 'my asthma is getting worse, and that I need to see someone for urgent advice'. If you cannot get an appointment, or your GP is closed, you should call 111 for advice

Please also refer to your personalised asthma action plan.

## 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 UK:

[www.asthma.org.uk](http://www.asthma.org.uk) | Helpline: 0300 222 5800

### British Lung Foundation:

[www.blf.org.uk](http://www.blf.org.uk) | Helpline: 03000 030 555

### NHS 111 service (non-emergency):

[www.england.nhs.uk/ourwork/pe/nhs-111](http://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](http://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](http://www.mhra.gov.uk/yellowcard)

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