

USER GUIDE

For when you have been prescribed
Clenil® Modulite® (beclometasone)

PREVENTER

ASTHMA

Please refer to the [patient information leaflet](#) for detailed information about your medicine.

Why have I been prescribed Clenil?

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

What is in my inhaler?

Your Clenil inhaler contains a medicine called a corticosteroid (beclometasone) that helps to reduce swelling and inflammation.

How often should I use my inhaler?

Clenil is available in 4 different strengths. Your doctor will have decided which strength you need.

Always use your inhaler exactly as your doctor has told you. You should check with your doctor, nurse or pharmacist if you are not sure. It takes a few days for your inhaler to work. It is very important that you use it regularly as prescribed by your doctor.

The starting dose will depend on how severe your asthma is - your doctor will prescribe the lowest dose of Clenil that will control your symptoms.

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 advise you on how Clenil should be taken in combination with any other medication and provide you with an action plan to help you manage your respiratory symptoms.

How do I use my inhaler?

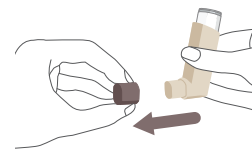
Follow the next five steps to use your inhaler, making sure not to rush yourself.

Before using your inhaler for the first time or if it has not been used for 3 days or more, release 1 puff into the air to make sure it is working properly. Whenever possible, sit or stand in an upright position when using your inhaler.

- Your inhaler includes a dose indicator that counts down in intervals of 20.
- If you are testing your inhaler for the first time, the dose indicator should read 200.
- You should get a replacement when the indicator shows the number 20.
- Stop using the inhaler when the indicator 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.

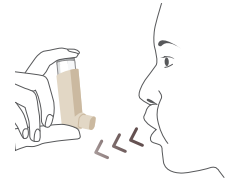
STEP 1

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



STEP 2

Breathe out as far as is comfortable.



STEP 3

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



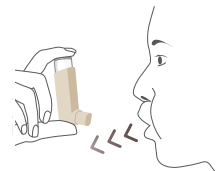
STEP 4

Breathe in slowly and deeply through your mouth 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.



STEP 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.



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 rush steps 2 to 5. After use, close your inhaler again with the protective cap.

How do I use my inhaler with a Volumatic™ Spacer?

Your doctor may have prescribed a spacer, called a **Volumatic™ Spacer** to be used with your inhaler.

Follow the next 9 steps to use your inhaler with a spacer.

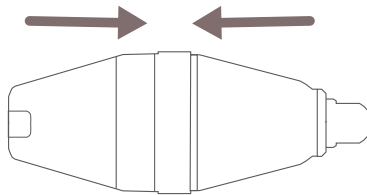
Don't forget to refer to the information leaflet that comes with the **Volumatic™ Spacer**, or speak to your doctor, nurse or pharmacist for more information or help on how to use and clean it.

Using the inhaler with the **Volumatic™ Spacer** device with a face mask may help in children under 5 years.

Before using your inhaler for the first time or if it has not been used for 3 days or more, release 1 puff into the air to make sure it is working properly. Whenever possible, sit or stand in an upright position when using your inhaler.

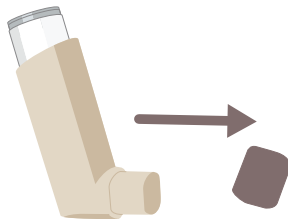
STEP 1

Fit the two halves of the spacer together. Line up the notch on one half with the slot on the other, then press together.



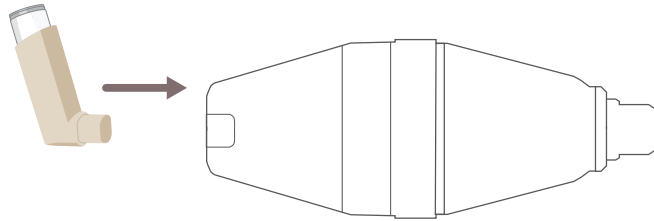
STEP 2

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



STEP 3

Insert the mouthpiece of your inhaler into the flat end of the spacer.

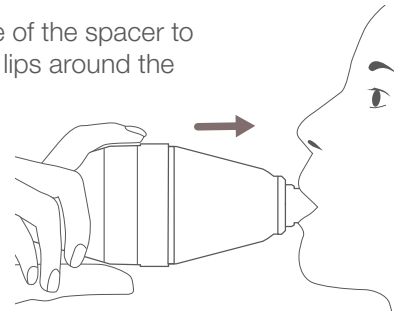


STEP 4

Breathe out as far as is comfortable.

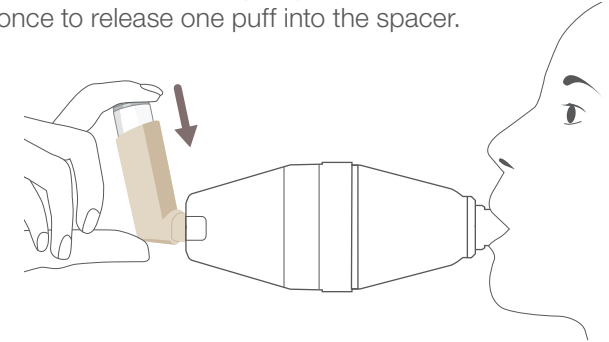
STEP 5

Put the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece. Do not bite the mouthpiece. Do not put your lips over the side holes of the mouthpiece.



STEP 6

Press down on the top of your inhaler canister once to release one puff into the spacer.



STEP 7

Take one deep steady breath or breathe normally in and out 5 times (tidal breathing). You should hear the mouthpiece valve 'click' or rattle as you breathe through it. If you don't hear it, tilt the spacer up slightly and try again. Remove the spacer from your mouth.

STEP 8

Wait 30 seconds and repeat steps 4-7 if a second puff is prescribed.

STEP 9

Remove the inhaler from the spacer and replace the inhaler protective cap.

Volumatic™ is a registered trademark of the GlaxoSmithKline Group of Companies.

How do I know if I'm having an asthma attack?

You are having an asthma attack if:

- Your symptoms continue to get worse after you have used your reliever inhaler.
- Your breathing is getting faster and it feels like you can't get your breath in properly.
- You are too breathless to speak, eat or sleep.

What should I do if I'm having an asthma attack?

What to do in an asthma attack:

- A)** Sit up straight – don't lie down. Try to keep calm.
- B)** Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- C)** If you feel worse at any point while you're using your inhaler or you don't feel better after 10 puffs or you're worried at any time, call 999 for an ambulance.
- D)** If the ambulance is taking longer than 15 minutes you can repeat step B.

If your symptoms improve and you do not need to call 999 or a doctor:

- You should still make an urgent same day appointment with your doctor, nurse or pharmacist for an asthma review.

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:

Asthma UK

www.asthma.org.uk

Helpline: 0300 222 5800

British Lung Foundation

www.blf.org.uk

Helpline: 03000 030 555

NHS 111 Service (non-emergency)

www.england.nhs.uk/urgent-emergency-care/nhs-111/

Telephone: 111

Chiesi Respiratory

www.ChiesiRespiratory.co.uk

This website has been provided by Chiesi Ltd.

This leaflet is not intended to replace the advice of your healthcare professional. If you have any queries 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, nurse or pharmacist. 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.