

ASTHMA

# User guide

## MAINTENANCE AND RELIEVER THERAPY (MART)

### What is Fostair® NEXThaler® and what is it used for?

Your doctor, nurse or pharmacist has prescribed this inhaler to help control your asthma.

This inhaler is a dry powder combination inhaler which contains two medicines:

- **“maintenance”** medication is called a corticosteroid (beclometasone) that helps to reduce inflammation.
- **“reliever”** medication is called a long-acting bronchodilator (formoterol) that helps to open up the airways.

### What is MART?

MART stands for **Maintenance And Reliever Therapy**.

This means that your inhaler can be used to maintain your asthma control and relieve any sudden symptoms you have in between your usual morning and evening doses. You may previously have used a separate blue inhaler as a reliever inhaler but your Fostair® NEXThaler® can now do the job of both your usual maintenance therapy and your blue reliever inhaler.

Your inhaler can help treat symptoms such as:

- Shortness of breath
- Wheezing
- Coughing

### How often should I use my inhaler?

**Take 1 inhalation in the morning and 1 inhalation in the evening every day.**

You should also use your inhaler as a reliever inhaler to treat sudden symptoms, so please ensure you keep it with you at all times.

If you get sudden asthma symptoms, take **1 inhalation** of your inhaler and wait a few minutes. If you do not feel better, take another inhalation.

#### FOR MAINTENANCE THERAPY, TAKE YOUR INHALER:

**1** inhalation in the morning



**1** inhalation in the evening



#### FOR RELIEVER THERAPY, TAKE YOUR INHALER:

**1** inhalation at any time in response to symptoms, **but no more than 6 a day**



You should not take more than 6 reliever inhalations per day. This means that in total, you cannot take more than 8 inhalations per day:

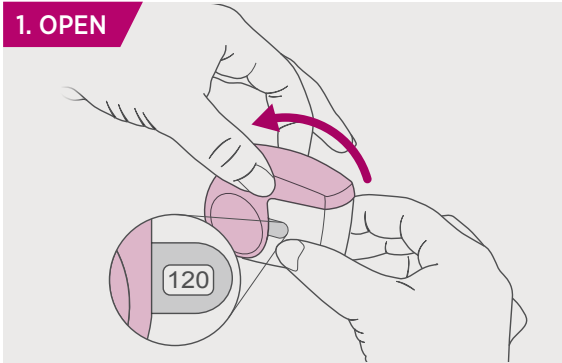
- 2** MAINTENANCE INHALATIONS
- 6** MAXIMUM RELIEVER INHALATIONS
- 8** MAXIMUM TOTAL INHALATIONS

If you feel you need more reliever inhalations each day to control your asthma symptoms, seek medical advice from your doctor, nurse or pharmacist as they may need to change your treatment.

## 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.

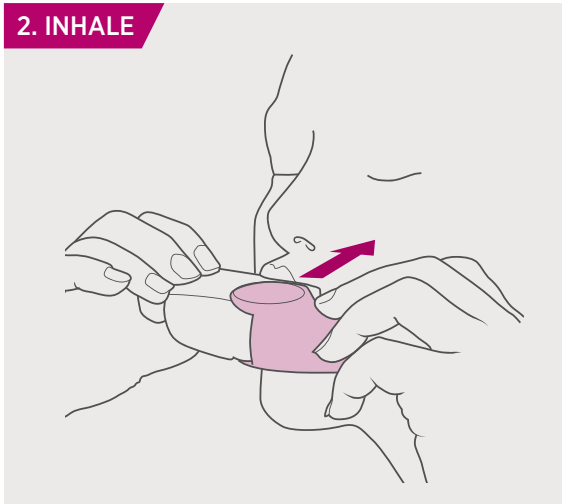
### 1. OPEN



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

Note the number of doses left on the dose counter.

### 2. INHALE



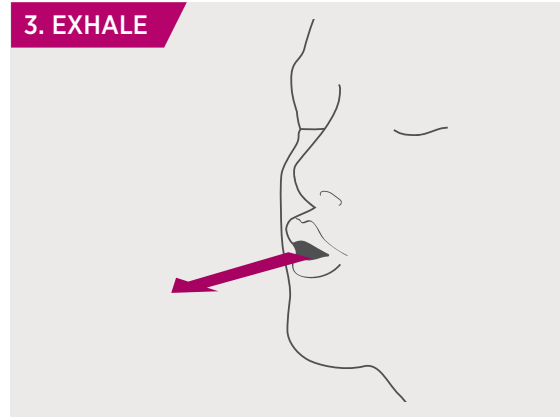
Whenever possible, stand or sit in an upright position when inhaling.

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. EXHALE

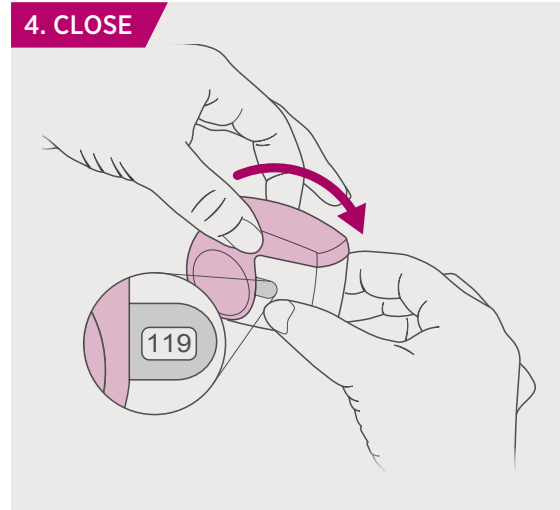


You may hear or feel a click when the dose has been released from the device. You may notice a taste when you take your dose. **After the click, continue to inhale deeply to ensure the dose reaches the lungs.**

Remove your inhaler from your mouth. Hold your breath for 5 to 10 seconds or as long as is comfortable.

**Breathe out slowly.**

### 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.**

To take a second dose, repeat the steps outlined on this page.

## 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 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 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 symptoms (coughing, wheezing, tightness in the chest and shortness of breath) continue to get worse after you have used your reliever inhalations
3. Your breathing is getting faster and it feels like you can't get your breath in properly
4. You are breathless and find it difficult to walk or talk

**Remember to always keep this inhaler with you for reliever use.**

## 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 Fostair® NEXThaler® immediately
- Loosen tight clothing
- Try to take slow steady breaths

**2. If there is no immediate improvement:**

- Continue to take **1 INHALATION** of my Fostair device every few minutes, up to a maximum of **6 INHALATIONS** (no more than 8 inhalations in total should be taken per day)

**3. If you do not feel better after taking your inhaler as instructed above:**

- Call 999 or a doctor urgently
- If the ambulance has not arrived after 10 minutes, contact 999 again immediately

**4. 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-11](http://www.england.nhs.uk/ourwork/pe/nhs-11) | 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.