

A guide for patients prescribed DuoResp Spiromax[®]

budesonide/formoterol



**DuoResp[®]
Spiromax[®]**
budesonide/formoterol

Why have I been prescribed DuoResp Spiromax?

DuoResp Spiromax is an inhaled medicine used to treat asthma and chronic obstructive pulmonary disease (COPD). Your doctor has prescribed it to help manage your asthma or COPD, and to help stop the symptoms getting in the way of your daily life.

It's really important to stick to your prescribed dose, even if you're feeling better. Your medicine will only work if you use it as instructed by your doctor. You should also keep your reliever inhaler handy if you have a separate one, and carry on using it as prescribed.

How to use your DuoResp Spiromax inhaler



Your doctor, nurse or pharmacist will show you how to use your inhaler – just ask if you have any questions, but here's a quick reminder:

Good to know:

- If you accidentally open and close the cover without inhaling, don't worry; only one dose is ever measured out for each puff, regardless of how many times the cover is opened
- It's best not to keep opening and closing the cover without taking a dose though, as each time you close the cover, the dose indicator counts down even if you don't inhale the dose. That will make it harder for you to know when the inhaler is empty
- When you take a puff, you may notice a slightly sweet taste. Don't worry, this is just the lactose in the medicine



Open the cover

First, hold the inhaler upright, with the cover at the bottom. Then, open the cover – you should hear a loud click. When you open the cover, the mechanism inside the inhaler accurately measures one dose ready for you to inhale.

Breathe out

Now, you need to empty your lungs. Before you put the inhaler in your mouth, breathe out gently, as far as is comfortable for you – make sure you don't breathe out through your inhaler though.



Inhale the dose

Place the mouthpiece gently between your teeth and close your lips around it, ensuring a tight seal. Take care not to block the air vents with your lips or fingers. Now breathe in through your mouth as deeply and as hard as you can, then remove the inhaler from your mouth.

Hold your breath

Hold your breath for 10 seconds, or as long as is comfortable, then breathe out gently. Remember, don't breathe out through your inhaler.



Close the cover

When you've finished, close the cover.

Don't forget to request a new prescription before your inhaler runs out



A new, full DuoResp Spiromax inhaler contains enough medicine for 120 or 60 puffs, depending on which one you've been prescribed. How long it lasts will depend on the number of puffs you use each day.

The dose indicator on the back of your inhaler shows you how many puffs you have left. When you've nearly run out, and have fewer than 20 puffs left, the numbers change to red. This is when you need to order a repeat prescription for a new inhaler.



For more information about DuoResp Spiromax, please refer to the leaflet inside the pack.

How can DuoResp Spiromax help?

Asthma and COPD symptoms are caused by inflammation in the airways. These small tubes carry air in and out of your lungs; when they are inflamed, they become narrower and sometimes clogged with mucus or phlegm. This makes it harder to breathe normally and leads to one or more of the main symptoms of asthma and COPD:

- Shortness of breath
- Wheezing
- Coughing
- Tightness in the chest

DuoResp Spiromax contains two active ingredients – budesonide and formoterol:

- Budesonide helps reduce and prevent airway inflammation
- Formoterol helps open up airways for immediate and lasting relief from symptoms

Your DuoResp Spiromax treatment plan

Your prescribed dose of DuoResp Spiromax is:

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Healthcare team contact info:

Doctor/Nurse:

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Phone number:

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Address:

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Your next appointment:

Date:

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Time:

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Notes:

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Want to know more about asthma or COPD?

- ▶ **Asthma UK:**
www.asthma.org.uk
- ▶ **British Lung Foundation:**
www.blf.org.uk
- ▶ **Help to quit smoking:**
www.nhs.uk/smokefree



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. Adverse events may also be reported directly to Teva UK Limited at **www.tevauk.com**.

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