

# Easyhaler®

## Instructions for use in English



### Information about Easyhaler®

This leaflet is for those who have been given an Easyhaler for the treatment of asthma or chronic obstructive pulmonary disease (COPD).

### What is Easyhaler?

Easyhaler is a powder inhaler for the treatment of asthma and COPD. It's easy to use and contains no propellants. Simply breathe the powder into your lungs through the inhaler's mouthpiece. Easyhaler comes with a clear counter showing how many doses are left.

Easyhaler is available with four different medicines: beclometasone, budesonide, salbutamol and budesonide/formoterol combined.

### How to use Easyhaler

- Remove the inhaler from the laminate pouch.
- Check that the cover is on the mouthpiece. This stops the inhaler from being activated.



- It's important not to breathe out through the inhaler, as the moisture could cause a blockage. **If you have been prescribed more than one dose, repeat from step 1.**
- Always rinse your mouth and gargle with water after taking a dose, and then spit out the water.\*
- Replace the cover on the mouthpiece. If you click the inhaler by mistake without inhaling the dose loaded, empty the dose out by tapping the mouthpiece against your hand or a table.

\*Applies only to Beclomet Easyhaler, Bufomix Easyhaler and Giona Easyhaler.

### Easyhaler is easy to look after

Clean your Easyhaler at least once a week with a dry tissue.

### How do I know when the inhaler is empty?

Easyhaler comes with a clear counter showing how many doses are left. **The counter turns after every fifth dose and the number of doses remaining is shown in intervals of ten.** The background turns red when there are 20 doses left. Change to a new inhaler once the counter shows 0 even if you can still see powder through the window on the back of the inhaler.



### Shelf life and storage

After opening the laminate pouch, use Bufomix Easyhaler within four months, and Buventol Easyhaler, Giona Easyhaler and Beclomet Easyhaler within six months. Store at room temperature and protect from moisture. Easyhaler can come with or without a cover providing extra protection for the inhaler (for more information, see the patient information leaflet inside the pack).

**Take only as prescribed by your doctor. Carefully read the patient information leaflet inside the pack. If you have any questions about your treatment, talk to your doctor or nurse. For further information, see [www.fass.se](http://www.fass.se).**

Do not dispose of medicines in household waste – think of the environment. Return left-over medicines to your pharmacy.

### Symptomatic relief: Buventol Easyhaler

Contains salbutamol, which dilates the airways and makes it easier to breathe. Used when necessary to relieve the symptoms of asthma or ease breathing in COPD. Acts within a couple of minutes and lasts for about 4-6 hours.

Buventol Easyhaler comes in two strengths: 100 µg/dose and 200 µg/dose.

### Maintenance treatment:

#### Giona Easyhaler and Beclomet Easyhaler

Contain budesonide and beclometasone respectively. Both belong to a group of medicines called glucocorticoids and are used as maintenance treatment and preventive treatment for asthma. Giona Easyhaler and Beclomet Easyhaler reduce and prevent inflammation of the airways and are intended to be used regularly to prevent asthma symptoms, even when you don't have any symptoms. A noticeable effect can be achieved after a few days, while the full effect comes after several weeks of treatment.

Giona Easyhaler comes in three strengths: 100 µg/dose, 200 µg/dose and 400 µg/dose. Beclomet Easyhaler comes in one strength: 200 µg/dose.

### Maintenance treatment and symptomatic relief: Bufomix Easyhaler

Contains two different medicines: budesonide and formoterol. Budesonide belongs to a group of medicines called glucocorticoids and is used as maintenance treatment. It reduces and prevents swelling and inflammation in the lungs. Formoterol dilates the airways and makes it easier to breathe. Formoterol acts within 1-3 minutes of inhalation and lasts for an average of 12 hours after a single dose.

Bufomix Easyhaler comes in two strengths: 160 µg budesonide/4.5 µg formoterol, and 320 µg budesonide/9 µg formoterol.

Watch a video in Swedish showing you how to use your Easyhaler at: [www.medicininstruktioner.se](http://www.medicininstruktioner.se)

### Loading and taking a dose with Easyhaler



#### 1. Shake

- Remove the cover from the mouthpiece.
- Shake the inhaler while keeping it upright.



#### 2. Click

- Hold the inhaler between finger and thumb and squeeze once until you hear a click, then let it click back to its original position.

- The dose is now ready to be inhaled.



#### 3. Inhale

- Breathe out normally.
- Place the mouthpiece in your mouth and close your lips around it. Take a deep breathe through the inhaler.

- Remove the mouthpiece from your mouth, hold your breath for a few seconds, and then breathe normally. Once you can feel a slightly sweet taste in your mouth, you know that you've received your dose.