

INSTRUCTIONS FOR USE

YOU HAVE BEEN GIVEN AN EASYHALER

This leaflet is aimed at people who have been prescribed an Easyhaler to treat asthma or chronic obstructive pulmonary disease (COPD).

WHAT IS EASYHALER?

Easyhaler is a powder inhaler for the treatment of asthma or COPD. It is easy to use and does not contain any propellants. You breathe the powder into your lungs through the mouthpiece on the inhaler. Easyhaler has a dose counter which shows clearly how many doses are left. Easyhaler comes with five treatment options.



Mouthpiece protector (dust cap)
Make sure that the protector (dust cap) covers the mouthpiece of the inhaler. The cap prevents the inhaler being activated.

Protective cover
You can use your Easyhaler with or without the protective cover. The inhaler can be left in the cover when you inhale.



HOW TO LOAD AND TAKE A DOSE WITH EASYHALER

It is important to read through the following instructions carefully.



1. SHAKE

- Remove the protector (dust cap) from the mouthpiece.
- If a protective cover is supplied in the pack, you can insert your Easyhaler into the cover.
- Shake the inhaler while holding it upright a few times.



2. CLICK

- Hold the Easyhaler upright between your finger and thumb and press once until you hear a click. Let it return to its original position, in other words 'click back'.
- The dose of medicine is now ready to be inhaled.



3. INHALE

- Breathe out normally.
- Place the whole mouthpiece in your mouth and place your lips around the mouthpiece to ensure a tight seal. Take a deep breath through the inhaler.
- Remove the mouthpiece from your mouth and hold your breath for 5 seconds, then breathe normally. When you notice a mild sweet taste in your mouth, you can be sure you have received the dose.

- If you have been prescribed more than one dose, repeat from step 1.
- If you have used Beclomet, Salflumix, Bufomix or Giona Easyhaler, always rinse your mouth and gargle with water after taking a dose. Spit out the water.
- Put the protector (dust cap) back on the mouthpiece. Close the protective cover if you are using it. If you have accidentally clicked the Easyhaler without inhaling a dispensed dose, empty it by tapping the mouthpiece against the palm of your hand or a table.



You can find videos with instructions on how to use the Easyhaler at www.medicininstruktioner.se (you can use the QR on the right to access them), www.fass.se or www.orionpharma.se/film.



EASYHALER IS EASY TO CARE FOR

Clean the inhaler's mouthpiece at least once a week with a clean, dry cloth.



HOW DO I KNOW WHEN THE INHALER IS EMPTY?

Easyhaler has a dose counter which shows clearly how many doses are left.

It counts down on every fifth dose, and numbers are shown in intervals of 10 doses. When the numbers appear with a red background, there are 20 doses left. Replace the inhaler when the counter reaches 0, even though you can still see powder in the window on the back of the inhaler.

RETENTION AND STORAGE OF EASYHALER

Bufomix Easyhaler can be kept for 4 months after the laminate pouch has been opened. Salflumix 50/250 micrograms can be kept for 1 month and 50/500 micrograms can be kept for 2 months. Buventol, Giona and Beclomet Easyhalers can be kept for 6 months.

Easyhaler should be stored at room temperature and in a dry place. It is available with and without a cover. The cover can be used as extra protection for the inhaler (for further information see the package leaflet).

RELIEVING BRONCHODILATOR TREATMENT:



BUVENTOL EASYHALER

Buventol Easyhaler contains salbutamol, which dilates the bronchi and makes it easier to breathe.

It acts quickly and is used to relieve symptoms of asthma or to make breathing easier in chronic obstructive pulmonary disease. The effect comes within a few minutes and lasts for about 4-6 hours.

Buventol Easyhaler is available in two different strengths, with 100 micrograms/dose and 200 micrograms/dose.

PREVENTIVE/INFLAMMATION-INHIBITING TREATMENT:



GIONA EASYHALER AND BECLOMET EASYHALER

Giona Easyhaler contains budesonide, and the Beclomet Easyhaler contains beclomethasone.

Both belong to the group of medicines known as corticosteroids and are used for maintenance therapy and preventive treatment in asthma. Giona Easyhaler and the Beclomet Easyhaler reduce and prevent inflammation in the bronchi and have to be used regularly to prevent asthma symptoms, in other words including when you don't have symptoms. The effect becomes noticeable after a few days, and full effect is achieved after a few weeks of treatment.

Giona Easyhaler is available in three strengths, with 100 micrograms/dose, 200 micrograms/dose and 400 micrograms/dose.

Beclomet Easyhaler is available in a strength of 200 micrograms/dose.

PREVENTING/RELIEVING TREATMENT:



BUFOMIX EASYHALER

Bufomix Easyhaler contains two different medicines: budesonide and formoterol. Budesonide belongs to the group of medicines known as corticosteroids and is used for maintenance treatment. It reduces and prevents swelling and inflammation in the lungs. Formoterol dilates the bronchi and makes it easier to breathe.

The effect of formoterol occurs within 1-3 minutes after inhaling and on average lasts for 12 hours after a single dose.

Bufomix Easyhaler is available in three strengths of budesonide/formoterol: 80/4.5 micrograms, 160/4.5 micrograms and 320/9 micrograms.

PREVENTIVE TREATMENT:



SALFLUMIX EASYHALER

Salflumix Easyhaler contains two different medicines: salmeterol and fluticasone propionate. Fluticasone propionate belongs to the group of medicines known as corticosteroids and is used for prevention. It reduces and prevents swelling and inflammation in the lungs. Salmeterol dilates the bronchi and makes it easier to breathe. The effect of salmeterol occurs within 1-3 minutes after inhaling and on average lasts for 12 hours after a single dose.

Salflumix Easyhaler is available in two different strengths of salmeterol/fluticasone propionate: 50/250 micrograms and 50/500 micrograms.

Always follow the prescription you have been given. **Read through the package leaflet carefully.** If you have any questions or wonder about anything regarding your treatment, talk to your doctor or nurse. For further information, see www.fass.se for the public. Never throw away medicines with household refuse. Think about the environment. Left-over medicines can be handed in at a pharmacy.