

# QUICK STARTER GUIDE

**Read all of the leaflet carefully before you start using this medicine because it contains important information for you. Please refer to the patient information leaflet for further information.**



**DuoResp<sup>®</sup>  
Spiromax<sup>®</sup>**

**320 micrograms / 9 micrograms**

Inhalation powder

**budesonide/formoterol fumarate dihydrate**

Inhalation use.

**DuoResp Spiromax is indicated for use in adults 18 years of age and older only.**

**DuoResp Spiromax is NOT indicated for use in children 12 years of age and younger or adolescents 13 to 17 years of age.**

Keep this medicine out of the sight and reach of children.

Do not exceed the recommended dose.

Do not store above 25 °C.

Keep the mouthpiece closed all the time unless you are about to use your inhaler.

Use the product within 6 months of removing from foil wrapping.

Do not use DuoResp Spiromax after the expiry date which is stated on the carton and on the label of your inhaler after EXP. The expiry date refers to the last day of that month.

## **What DuoResp Spiromax is used for**

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This medicine is prescribed to treat asthma or chronic obstructive pulmonary disease (COPD).

### **For asthma:**

**DuoResp Spiromax is prescribed for asthma together with a separate 'reliever inhaler' such as salbutamol.**

- Use DuoResp Spiromax every day. This helps to prevent asthma symptoms such as breathlessness and wheezing from occurring.
- Use the 'reliever inhaler' when you get asthma symptoms, to make it easier to breathe again.

Do not use DuoResp Spiromax 320/9 micrograms as a 'reliever inhaler'.

DuoResp Spiromax contains lactose which is a type of sugar. Lactose contains small amounts of milk protein which may cause allergic reactions. If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before using this medicine.

## **How to use DuoResp Spiromax**

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Always use this medicine exactly as your doctor or pharmacist has told you.

It is important to use DuoResp Spiromax every day, even if you have no asthma or COPD symptoms at the time.

If you feel you are getting breathless or wheezy while using DuoResp Spiromax you should continue to use DuoResp Spiromax but go to see your doctor as soon as possible, as you may need additional treatment.

## **Preparing your new DuoResp Spiromax**

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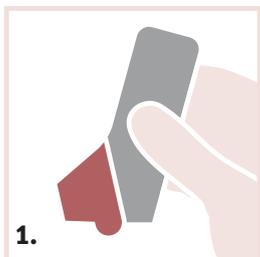
Before using your DuoResp Spiromax **for the first time**, you need to prepare it for use as follows:

- Check in the dose indicator to see there are 60 doses in the inhaler.
- Write the date you opened the foil pouch on the label of the inhaler.
- Do not shake your inhaler before use.

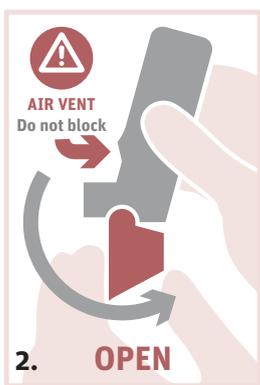
For the last 20 doses, the numbers become red.

## How to take an inhalation

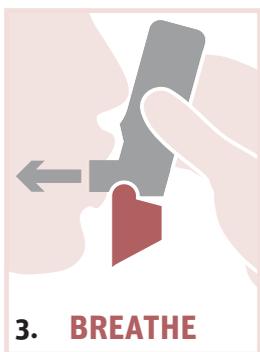
**Every time you need to take an inhalation, follow the instructions below.**



**1. Hold your inhaler** with the semi-transparent wine red mouthpiece cover at the bottom (figure 1).

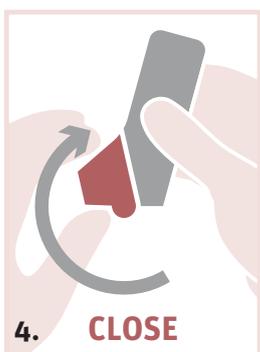


**2.** Open the mouthpiece cover by folding it down until one loud click is heard (figure 2). Your medicine is actively metered. Your inhaler is now ready for use.



**3.** Breathe out gently (as far as is comfortable). Do not breathe out through your inhaler.

**4.** Place the mouthpiece between your teeth. Do not bite the mouthpiece. Close your lips around the mouthpiece. Take care not to block the air vents. Breathe in through your mouth as deeply and as hard as you can (figure 3).



**5.** Hold your breath for 10 seconds or as long as you comfortably can.

**6.** Remove your inhaler from your mouth. You may notice a taste when you take your inhalation. Then breathe out gently (do not breathe out through the inhaler).

**7.** Close the mouthpiece cover (figure 4).

**8.** If you are to take a second inhalation, repeat steps 1 to 7.

Rinse your mouth with water after every dose and spit it out.

### Note:

- The mouthpiece will still 'click' even when your Spiromax is empty.
- If you open and close the mouthpiece without taking an inhalation the dose indicator will still register it as a count. This dose will be securely held inside the inhaler for when the next inhalation is due. It is impossible to accidentally take extra medicine or a double dose in one inhalation.