

Symptoms of asthma and COPD

Symptoms of asthma and COPD (Chronic Obstructive Pulmonary Disease) are caused by an inflammation in the airways. When the airways become inflamed, they get narrower and can also get blocked by mucus. It makes it harder to breathe normally and you may feel one or more of these symptoms:

- shortness of breath
- wheezing
- cough
- tightness in the chest.

DuoResp Spiromax[®] contains two active ingredients:

- Budesonide reduces and prevents inflammation in the airways
- Formoterol helps to open the airways, providing immediate and long-term relief of the symptoms.

Your treatment plan

Your dose of DuoResp Spiromax[®] is:

Contact information:

Doctor/nurse:

Telephone number:

Telephone hours:

DuoResp[®] Spiromax[®] (budesonide, formoterol). Prescription medication. Powder for inhalation. Use: Your doctor has prescribed this medication to treat asthma or Chronic Obstructive Pulmonary Disease (COPD). DuoResp Spiromax can be prescribed for asthma in two different ways.

- You may have been prescribed two asthma inhalers: DuoResp Spiromax and a separate “as needed inhaler” with salbutamol, for example.
- You may have been prescribed DuoResp Spiromax as the only asthma inhaler. Only intended for adults and adolescents 12 years of age or older. Warnings and precautions for use: You may need to take other medications if you develop symptoms of allergies or arthritis. You should talk to your doctor if you are wondering whether you should carry on using DuoResp Spiromax. Contact your doctor if you experience blurred vision or other visual disturbances. Pregnancy and breastfeeding: • If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask a doctor, pharmacist or nurse before you use this medication – do NOT use this medication unless your doctor advises you to do so. • If you become pregnant while you are using DuoResp Spiromax you should NOT stop using DuoResp Spiromax and contact your doctor immediately. **Read the information leaflet in the package carefully.** DuoResp Spiromax is supplied by Teva Sweden AB, Box 1070, SE-251 10 Helsingborg, Sweden. Juli 2021. RESP-SE- 00051

Engelska

Information for those treated with DuoResp Spiromax[®]



Why have I been prescribed DuoResp Spiromax®?

DuoResp Spiromax is a medication used in the treatment of asthma and Chronic Obstructive Pulmonary Disease (COPD). Your doctor has prescribed DuoResp Spiromax to help you control your symptoms and prevent these from getting worse.

It is important to stick to the dose prescribed by your doctor, even if you are feeling better. Also, remember to follow the instructions you received so that you use the medication properly. If you have a Rescue Inhaler, you should continue to use it as prescribed.

How to use DuoResp Spiromax®



KEEP IN MIND:

- Avoid shaking the inhaler before use.
- Rinse your mouth with water after using the inhaler.
- You may notice a taste when you use DuoResp Spiromax®. This is completely normal and is due to the excipient lactose.
- If you happen to open and close the cap without taking your dose, the correct dose will still be dispensed the next time you use the inhaler. You should avoid opening and closing the cap if you are not going to use the inhaler, because the dose indicator will count down the number of doses each time the cap is opened and closed.

You will receive information how to use DuoResp Spiromax from your doctor, nurse or at the pharmacy. Ask them if you are uncertain.



1. Open the protective cap

Hold the inhaler with the protective cap for the mouthpiece facing downward. Open the mouthpiece by folding down the cap. It is fully opened when you hear a click. When you open the cap the dose you are to inhale is automatically measured.

Breathe out

You need to empty your lungs. Breathe out as far as feels comfortable. Do *not* breathe out through the inhaler!



2. Breathe in - inhale the dose

Now place the mouthpiece between your teeth and close your mouth around the mouthpiece; do not bite the inhaler mouthpiece. Be careful to not block the air vents with your fingers. Breathe in strongly and deeply through the mouthpiece.

Hold your breath

Remove the inhaler from your mouth and hold your breath for 10 seconds, or as long as it feels comfortable.



3. Close

Breathe out gently – not through the inhaler – and close the protective cap for the mouthpiece.