

USER GUIDE

Maintenance And Reliever Therapy (MART)

For when you have been prescribed
Fostair® NEXThaler® 100/6 (beclometasone + formoterol)

ASTHMA

Please refer to the [patient information leaflet](#) for detailed information about your medicine.

What is Fostair NEXThaler and what is it used for?

Your doctor or nurse has prescribed this inhaler to help control your asthma.

This inhaler is a dry powder combination inhaler which contains two medicines.

- “**maintenance**” medication is called a corticosteroid (beclometasone) that helps to reduce inflammation.
- “**reliever**” medication is called a long-acting bronchodilator (formoterol) that helps to open up the airways.

What is MART?

MART stands for **Maintenance And Reliever Therapy**.

This means that your inhaler can be used to maintain your asthma control and relieve any sudden symptoms you have in between your usual morning and evening doses. You may previously have used a separate blue inhaler as a reliever inhaler but your Fostair NEXThaler can now do the job of both your usual maintenance therapy and your blue reliever inhaler.

Your inhaler can treat symptoms such as:

- Shortness of breath
- Wheezing
- Coughing



How often should I use my inhaler?

Take 1 inhalation in the morning and 1 inhalation in the evening every day.

You should also use your inhaler as a reliever inhaler to treat sudden symptoms, so please ensure you keep it with you at all times.

If you get sudden asthma symptoms, take **1 inhalation** of your inhaler and wait a few minutes. If you do not feel better, take another inhalation.

For maintenance therapy, take your inhaler:

1

inhalation in the morning.



1

inhalation in the evening.



For reliever therapy, take your inhaler:

1

inhalation at any time in response to symptoms, but no more than 6 a day.

You should not take more than 6 reliever inhalations per day.

This means that in total you cannot take more than 8 inhalations per day:



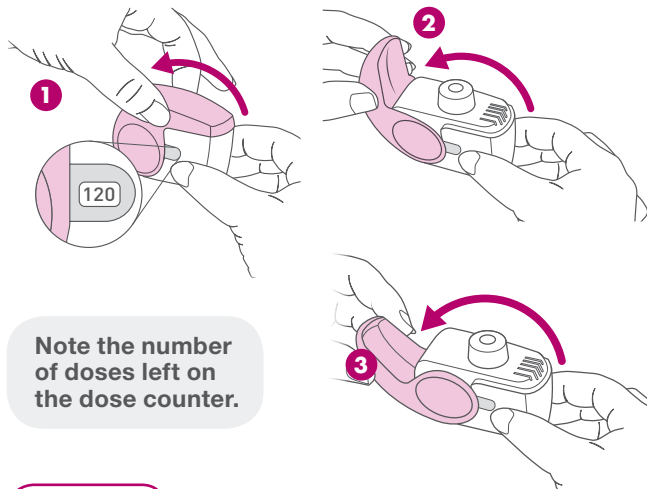
If you feel you need more reliever inhalations each day to control your asthma symptoms, seek medical advice from your doctor or asthma nurse as they may need to change your treatment.

How do I use my inhaler?

Before taking your dose, check the number of doses left on the dose counter. If the dose counter shows '0' there are no doses left. Do not use a new inhaler if the number shown on the dose counter is less than 120. Take your inhaler to your pharmacist for disposal and get a **new** one.

OPEN

Open the cover fully with your inhaler in the upright position.



Note the number of doses left on the dose counter.

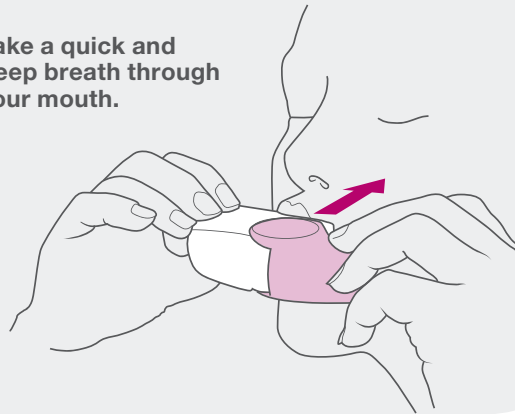
INHALE

Whenever possible, stand or sit in an upright position when inhaling.

Before inhaling breathe out as far as is comfortable. Do not breathe out through your inhaler.

Lift your inhaler up, bring it to your mouth and place your lips around the mouthpiece. Do not cover the air vent when holding your inhaler and do not inhale through the air vent.

Take a quick and deep breath through your mouth.

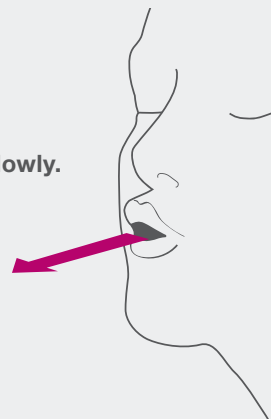


You may hear or feel a click when the dose has been released from the device. You may also notice a taste when you take your dose. **After the click, continue to inhale deeply to ensure the dose reaches the lungs.**

Remove your inhaler from your mouth.

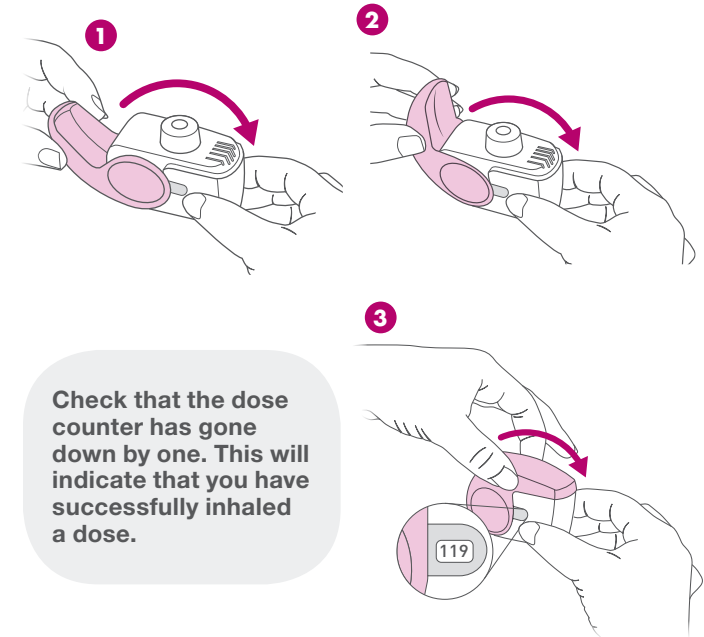
Hold your breath for 5 to 10 seconds or as long as is comfortable.

Breathe out slowly.



CLOSE

Close the cover fully with the inhaler in the upright position.



Check that the dose counter has gone down by one. This will indicate that you have successfully inhaled a dose.

To take a second dose, repeat the steps outlined on this page.

How do I know I've taken a dose?

Your Fostair NEXThaler has been developed with a triple feedback system to provide you with reassurance that you have taken a dose successfully.

- 1 You will hear and/or feel a click when you inhale your dose — this means that the dose has been released from the inhaler. Note that opening and closing the cover will also make a click sound.
- 2 You may notice a taste when you take your dose.
- 3 When you close the cover after a successful inhalation, the dose counter will go down by one. The counter will not decrease if you do not successfully inhale a dose.

What happens if I open and close the inhaler without taking the medicine?

In the event that you open the inhaler, do not inhale and then close the cover, the dose is moved back to the powder reservoir within the inhaler. Doses do not accumulate meaning you will not accidentally take extra medicine or a double dose in one inhalation.

How do I know if I'm having an asthma attack?

You are having an asthma attack if:

- Your symptoms (coughing, wheezing, tightness in the chest and shortness of breath) continue to get worse after you have used your reliever inhalations.
- Your breathing is getting faster and it feels like you can't get your breath in properly.
- You are too breathless to speak, eat or sleep.

Remember to always keep this inhaler with you for reliever use.

What should I do if I'm having an asthma attack?

- 1 **What to do in an asthma attack:**
 - Sit up straight - don't lie down. Try to keep calm.
 - Use your Fostair NEXThaler immediately.
 - Loosen tight clothing.
 - Try to take slow steady breaths.
- 2 **If there is no immediate improvement:**
 - Continue to take 1 inhalation of your inhaler every few minutes, up to a maximum of 6 inhalations.
- 3 **If you do not feel better after taking your inhaler as instructed above:**
 - Call 999 or a doctor urgently.
- 4 **If your symptoms improve and you do not need to call 999 or a doctor:**
 - You should still make an urgent same day appointment with your doctor or nurse for an asthma review.

Please also refer to your personalised asthma action plan.

Where can I find more information?

To find out more about asthma and using your inhaler, you may find the following contacts and websites useful:

Asthma UK

www.asthma.org.uk
Helpline: 0300 222 5800

British Lung Foundation

www.blf.org.uk
Helpline: 03000 030 555

NHS 111 Service (non-emergency)

www.england.nhs.uk/urgent-emergency-care/nhs-111/
Call 111 when it's less urgent than 999. If you're worried about an urgent medical concern, call 111 and speak to a fully trained adviser. For less urgent health needs, contact your GP or local pharmacist.

This leaflet is not intended to replace the advice of your healthcare professional. If you have any queries about your medication please speak to your doctor, nurse or pharmacist.

Chiesi Respiratory

www.ChiesiRespiratory.co.uk
This website has been provided by Chiesi Ltd

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.