

# Information for those treated with DuoResp Spiromax<sup>®</sup>



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



# Why have I been prescribed DuoResp Spiromax®?

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DuoResp Spiromax is a medicine used in the treatment of asthma and chronic obstructive pulmonary disease (COPD). Your doctor has prescribed DuoResp Spiromax in order to help you manage your condition and to prevent the symptoms from bothering you in your daily life.

It is important that you 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 medicine properly. If you have an inhaler, you should continue to use it as prescribed.

# What causes the symptoms of asthma and COPD?

Symptoms of asthma and COPD (chronic obstructive pulmonary disease) are caused by an airway inflammation. The small bronchi carry air to and from your lungs, and when they become inflamed the bronchi become narrower and can sometimes become filled with mucus. It becomes difficult to breathe normally and you may feel one or more of these symptoms:

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

## **DuoResp Spiromax<sup>®</sup> contains two active ingredients:**

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

Air vents



Mouth-piece

Protective cap

## How to use DuoResp Spiromax®



Location for writing the date when the foil package was opened

Dose indicator

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

### 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 a click is heard. The dose you are to inhale is automatically measured when you open the cap.

### Breathe out

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

## Inhale the dose



Now place the mouthpiece between your teeth and close your mouth around the mouthpiece; do not bite the inhaler's mouthpiece. Also, do 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.



## Close

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

### KEEP IN MIND:

- Do not shake the inhaler before use.
- Rinse your mouth with water after using the inhaler.
- You may feel a taste when using 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 there until the next time you use the inhaler. Nevertheless, avoid opening and closing the cap if you are not using the inhaler since the dose indicator will count down the number of doses each time you open and close the cap.

## Your treatment plan

Your dose of DuoResp Spiromax® is:

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## Contact information:

Doctor/nurse:

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Telephone number:

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Telephone hours:

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DuoResp Spiromax® (budesonide/formoterol). Inhalation powder. Prescription medication. **Use:** DuoResp Spiromax is used to treat asthma or chronic obstructive pulmonary disease (COPD). DuoResp Spiromax is indicated in adults 18 years of age and older only. **Warnings and precautions:** Talk to your doctor, pharmacist or nurse before using DuoResp Spiromax if you have other diseases or are taking other medicines. The same applies if you are pregnant or breastfeeding, think that you may be pregnant or are planning on having a child. **Please read the information leaflet carefully.** DuoResp Spiromax is supplied by Teva Sweden AB, Box 1070, SE-251 10 Helsingborg, Sweden. March 2017 SW/RESP/17/0013a