

HOW OFTEN SHOULD I TAKE MY MEDICINE?

The recommended dose is two inhalations (puffs) twice a day. Two in the morning and two in the evening, or as instructed by your doctor. Always rinse your mouth after the second dose.

SHOULD I CONTINUE USING FLUTIFORM® EVEN IF I DO NOT HAVE ANY ASTHMA SYMPTOMS?

In order to achieve full effect it is important that you take your asthma medicine every day, even if you do not feel any symptoms. Always follow your doctor's instructions.

WHEN SHOULD I REPLACE THE INHALER?

On the inhaler there is a colour-coded dose counter which shows when there are no doses left.

An inhaler contains 120 puffs, which corresponds to 60 uses.

COLOUR CODE GUIDE:

Between 120 and 50 puffs the background is green.



Between 49 and 30 puffs the background is yellow.



Between 29 and 0 puffs left the background is red.



When the dose counter is red it is soon time to replace the inhaler.

Now you know the most important information about flutiform®.

For more information, see the package leaflet or visit fass.se

THIS INFORMATION SHOULD BE DELIVERED
BY YOUR DOCTOR OR NURSE.

flutiform®
flutikasonpropionat/formoterol

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PATIENT INFORMATION

FLUTIFORM®

– your new asthma medication

ENGELSKA

circuscom.se

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You have received flutiform® inhalation spray, which is used for maintenance therapy of asthma.

Flutiform® is a combination of two drugs in one inhaler: fluticasone propionate which reduces swelling and inflammation in the respiratory tract and formoterol, a long acting bronchodilator which makes it easier to breathe.

If asthma symptoms occur during the period between doses, a short acting B2 agonist should be inhaled for immediate relief.

Please watch our instruction film!

Scan the QR code above with your smartphone. QR-readers can be found on App Store or Android Market. You can also find the film at medicinsinstruktioner.se



THE FIRST TIME YOU USE FLUTIFORM®

Before using a flutiform® inhaler for the first time you must prepare the inhaler. This also applies if you have not used the inhaler for three or more days.

How to prepare the inhaler:



1 Remove the protective cap from the nozzle on the inhaler:



2 Keep the inhaler upright. Shake the inhaler back and forth several times.



3 Aim the nozzle away from you. Push down the container and release a puff. Repeat this four times. The inhaler is now ready for use.

HOW TO USE THE INHALER:



Remove the protective cap from the inhaler and check that the nozzle is clean.



Keep the inhaler upright. Shake the inhaler back and forth several times.



Breathe out so that your lungs are emptied of air. Hold the inhaler with the nozzle downwards. Close the lips around the nozzle. Do not bite.



Start a deep, calm, breath inwards, push down the container and continue to breathe in calmly and deeply (preferably for about 4–5 seconds).



Hold your breath as long as it feels comfortable and remove the inhaler from your mouth.

End by breathing out calmly. For dose number two repeat steps 2–4.



Remember to always rinse your mouth with water or brush your teeth. Spit out the water when you have rinsed your mouth.