

# INSTRUCTIONS FOR USE

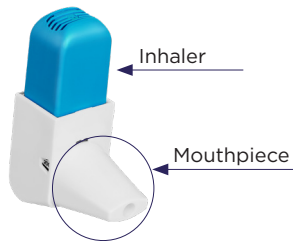
ENGELSKA

## YOU HAVE BEEN GIVEN AN EASYHALER

This leaflet is aimed at people who have been prescribed an Easyhaler to treat asthma or chronic obstructive pulmonary disease (COPD).

## WHAT IS EASYHALER?

Easyhaler is a powder inhaler for the treatment of asthma or COPD. It is easy to use and does not contain any propellants. You breathe the powder into your lungs through the mouthpiece on the inhaler. Easyhaler has a dose counter which shows clearly how many doses are left. Easyhaler comes with five treatment options.



**Mouthpiece protector (dust cap)**  
Make sure that the protector (dust cap) covers the mouthpiece of the inhaler. The cap prevents the inhaler being activated.

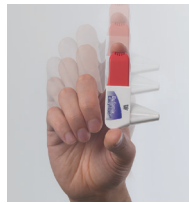


**Protective cover**  
You can use your Easyhaler with or without the protective cover. The inhaler can be left in the cover when you inhale.



## HOW TO LOAD AND TAKE A DOSE WITH EASYHALER

It is important to read through the following instructions carefully.



### 1. SHAKE

- Remove the protector (dust cap) from the mouthpiece.
- If a protective cover is supplied in the pack, you can insert your Easyhaler into the cover.
- Shake the inhaler while holding it upright a few times.



### 2. CLICK

- Hold the Easyhaler upright between your finger and thumb and press once until you hear a click. Let it return to its original position, in other words 'click back'.
- The dose of medicine is now ready to be inhaled.



### 3. INHALE

- Breathe out normally.
- Place the whole mouthpiece in your mouth and place your lips around the mouthpiece to ensure a tight seal. Take a deep breath through the inhaler.
- Remove the mouthpiece from your mouth and hold your breath for 5 seconds, then breathe normally. When you notice a mild sweet taste in your mouth, you can be sure you have received the dose.

- If you have been prescribed more than one dose, repeat from step 1.
  - If you have used Beclomet, Salfumix, Bufomix or Giona Easyhaler, always rinse your mouth and gargle with water after taking a dose. Spit out the water.
  - Put the protector (dust cap) back on the mouthpiece. Close the protective cover if you are using it.
- If you have accidentally clicked the Easyhaler without inhaling a dispensed dose, empty it by tapping the mouthpiece against the palm of your hand or a table.



## HOW DO I KNOW WHEN THE INHALER IS EMPTY?

Easyhaler has a dose counter which shows clearly how many doses are left.

It counts down on every fifth dose, and numbers are shown in intervals of 10 doses. When the numbers appear with a red background, there are 20 doses left. Replace the inhaler when the counter reaches 0, even though you can still see powder in the window on the back of the inhaler.



Carbon  
Neutral  
Product

You can find videos with instructions on how to use the Easyhaler at [www.medicininstruktioner.se](http://www.medicininstruktioner.se) (you can use the QR on the right to access them), [www.fass.se](http://www.fass.se) or [www.orionpharma.se/film](http://www.orionpharma.se/film).



## RETENTION AND STORAGE OF EASYHALER

Bufomix Easyhaler can be kept for 4 months after the laminate pouch has been opened. Salflumix 50/250 micrograms can be kept for 1 month and 50/500 micrograms can be kept for 2 months. Buventol, Giona and Beclomet Easyhalers can be kept for 6 months.

Easyhaler should be stored at room temperature and in a dry place. It is available with and without a cover. The cover can be used as extra protection for the inhaler (for further information see the package leaflet).

### RELIEVING BRONCHODILATOR TREATMENT:



#### BUVENTOL EASYHALER

Buventol Easyhaler contains salbutamol, which dilates the bronchi and makes it easier to breathe. It acts quickly and is used to relieve symptoms of asthma or to make breathing easier in chronic obstructive pulmonary disease. The effect comes within a few minutes and lasts for about 4-6 hours.

Buventol Easyhaler is available in two different strengths, with 100 micrograms/dose and 200 micrograms/dose.

### PREVENTIVE/INFLAMMATION-INHIBITING TREATMENT:



#### GIONA EASYHALER AND BECLOMET EASYHALER

Giona Easyhaler contains budesonide, and the Beclomet Easyhaler contains beclomethasone. Both belong to the group of medicines known as corticosteroids and are used for maintenance therapy and preventive treatment in asthma.

Giona Easyhaler and the Beclomet Easyhaler reduce and prevent inflammation in the bronchi and have to be used regularly to prevent asthma symptoms, in other words including when you don't have symptoms. The effect becomes noticeable after a few days, and full effect is achieved after a few weeks of treatment.

Giona Easyhaler is available in three strengths, with 100 micrograms/dose, 200 micrograms/dose and 400 micrograms/dose.

Beclomet Easyhaler is available in a strength of 200 micrograms/dose.

### PREVENTING/RELIEVING TREATMENT:



#### BUFOMIX EASYHALER

Bufomix Easyhaler contains two different medicines: budesonide and formoterol. Budesonide belongs to the group of medicines known as corticosteroids and is used for maintenance treatment. It reduces and prevents swelling and inflammation in the lungs. Formoterol dilates the bronchi and makes it easier to breathe. The effect of formoterol occurs within 1-3 minutes after inhaling and on average lasts for 12 hours after a single dose.

Bufomix Easyhaler is available in three strengths of budesonide/formoterol: 80/4.5 micrograms, 160/4.5 micrograms and 320/9 micrograms.

### PREVENTIVE TREATMENT:



#### SALFLUMIX EASYHALER

Salflumix Easyhaler contains two different medicines: salmeterol and fluticasone propionate. Fluticasone propionate belongs to the group of medicines known as corticosteroids and is used for prevention. It reduces and prevents swelling and inflammation in the lungs. Salmeterol dilates the bronchi and makes it easier to breathe. The effect of salmeterol occurs within 1-3 minutes after inhaling and on average lasts for 12 hours after a single dose.

Salflumix Easyhaler is available in two different strengths of salmeterol/fluticasone propionate: 50/250 micrograms and 50/500 micrograms.

Always follow the prescription you have been given. **Read through the package leaflet carefully.** If you have any questions or wonder about anything regarding your treatment, talk to your doctor or nurse. For further information, see [www.fass.se](http://www.fass.se) for the public. Never throw away medicines with household refuse. Think about the environment. Left-over medicines can be handed in at a pharmacy.

**Buventol Easyhaler (salbutamol) Pharmaceutical form:** Inhalation powder **Active substance:** salbutamol. **Areas of use:** Buventol Easyhaler is an inhaler that contains the active substance salbutamol. Salbutamol works by opening up the airways and making it easier to breathe. Buventol Easyhaler is used for symptomatic relief of asthma and chronic obstructive pulmonary disease (COPD). Buventol Easyhaler is used in adults and children aged 6 years and over. **Warnings and precautions:** Talk to your doctor before using Buventol Easyhaler if you have or have had any of the following conditions: cardiovascular disease, angina, increased thyroid function, diabetes, low levels of potassium in the blood (hypokalaemia). If you have low levels of potassium in the blood (hypokalaemia), this condition can worsen if Buventol Easyhaler is used with diuretics, steroids, or certain other asthma medicines (xanthine derivatives). In such cases, talk to your doctor for advice. Contact your doctor if your asthma worsens or if the Buventol Easyhaler becomes less effective. If repeated inhalations are not effective in severe asthma attacks, other treatment is needed. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. No adverse effects on the foetus have been demonstrated when using Buventol Easyhaler during pregnancy. It is unknown whether salbutamol passes into breast milk. You should therefore talk to your doctor before use during breast-feeding. **Giona Easyhaler (budesonide) Pharmaceutical form:** Inhalation powder **Active substance:** budesonide. **Areas of use:** Giona Easyhaler is a medicine that is used to prevent symptoms of asthma. Budesonide works by reducing and preventing swelling and inflammation of the lungs. **Warnings and precautions:** Talk to your doctor before using Giona Easyhaler if you have pulmonary tuberculosis, untreated bacterial, viral, or fungal infections of the mouth, respiratory tract, or lungs, or if you have severe liver disease. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. Giona Easyhaler is not recommended for children under 6 years. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. It is important for both the foetus and the mother to maintain adequate asthma control during pregnancy. As with other medicines given during pregnancy, the benefits of budesonide treatment for the mother should be weighed against the risks to the foetus. The lowest effective dose of budesonide needed to maintain adequate asthma control should be used. **Beclomet Easyhaler (beclomethasone) Pharmaceutical form:** Inhalation powder **Active substance:** beclomethasone. **Areas of use:** Beclomet Easyhaler is a cortisone (corticosteroid) preparation that alleviates inflammation of the lungs. By treating the inflammation, you can prevent asthma symptoms. **Warnings and precautions:** Contact your doctor if you feel that the Beclomet Easyhaler is becoming less effective, for example if you have more frequent asthma attacks. Your drug treatment may need to be changed. You may experience cold symptoms, eczema, fatigue, headaches, muscle and joint pain, and nausea and vomiting may also occur. If you have a respiratory infection, if you have tuberculosis, or if you have to increase the use of other asthma medication. Talk to your doctor if you experience any of these conditions. Talk to your doctor if you experience constriction or spasms in the airways after using Beclomet Easyhaler. Talk to your doctor if you are pregnant or plan to become pregnant. Your doctor will decide whether you should continue your treatment. Ask your doctor or pharmacist for advice before taking any medicine. **Bufomix Easyhaler (budesonide/formoterol) Pharmaceutical form:** Inhalation powder **Active substance:** budesonide/formoterol. **Areas of use:** Bufomix Easyhaler is a medicine for the treatment of asthma in adults and adolescents aged 12-17 years. It is also used to treat the symptoms of Chronic Obstructive Pulmonary Disease (COPD) in adults aged 18 years and older. **Warnings and precautions:** Talk to your doctor or pharmacist before using Bufomix Easyhaler if you have diabetes, a lung infection, high blood pressure, or if you have ever had heart problems (including an uneven heartbeat, very rapid pulse, narrowing of the arteries, or heart failure), problems with your thyroid or adrenal glands, low levels of potassium in the blood, or severe liver problems. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Do not use Bufomix Easyhaler unless your doctor advises you to do so. If you become pregnant while using Bufomix Easyhaler, do not stop using Bufomix Easyhaler, but contact your doctor immediately. **Salflumix Easyhaler (salmeterol/fluticasone propionate) Pharmaceutical form:** Inhalation powder **Active substance:** salmeterol/fluticasone propionate. **Areas of use:** Your doctor has prescribed Salflumix Easyhaler to prevent breathing problems in Asthma and Chronic Obstructive Pulmonary Disease (COPD). Salflumix Easyhaler (50 micrograms/500 micrograms per dose) reduces the number of flare-ups of COPD. You must use your Salflumix Easyhaler every day as directed by your doctor for it to work best and control your asthma or COPD. Salflumix Easyhaler prevents breathing problems and wheezing. However, Salflumix Easyhaler should not be used to relieve a sudden onset of shortness of breath or wheezing. If this happens, use a fast-acting 'on demand' inhaler, such as salbutamol. Keep your fast-acting inhaler with you at all times. **Warnings and precautions:** Talk to your doctor before using Salflumix Easyhaler if you have: Heart disease including rapid and irregular heartbeat, increased thyroid function, high blood pressure, diabetes (since Salflumix Easyhaler may increase your blood sugar), decreased blood levels of potassium in the blood, or if you have had tuberculosis (TB), or other infections of the lungs. Contact your doctor if you experience blurred vision or other visual disturbances. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. **Responsible company:** Orion Pharma AB, [www.orionpharma.se](http://www.orionpharma.se) **Always read the package insert carefully**