

# My FOSTAIR® Asthma Action Plan

## FOSTAIR® Maintenance and Reliever Therapy

**FOSTAIR®**  
Beclometasone/formoterol



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Best PEF: \_\_\_\_\_

Doctor phone: \_\_\_\_\_

Next Asthma Check-up Date: \_\_\_\_\_

### NORMAL MODE

#### MY FOSTAIR® ASTHMA TREATMENT IS:

FOSTAIR® 100/6 inhaler

#### • MY REGULAR TREATMENT EVERY DAY:

Take 1 puff of FOSTAIR® in the morning and 1 puff in the evening, every day

Use a spacer with my FOSTAIR®

#### • RELIEVER:

Use 1 puff of FOSTAIR® whenever needed for relief of my asthma symptoms

**I should always carry my FOSTAIR® inhaler with me to use as a reliever when needed**

#### • MY ASTHMA IS STABLE IF:

I can take part in normal physical activity without asthma symptoms

AND

I do not wake up at night or in the morning because of asthma

#### OTHER INSTRUCTIONS:

### ASTHMA FLARE UP

#### IF OVER A PERIOD OF 2 DAYS IN A ROW:

- My asthma symptoms are getting worse OR not improving OR
- I am using the maximum of 6 reliever puffs of FOSTAIR® each day,

#### I SHOULD:

- Continue to use my regular daily FOSTAIR® PLUS 1 puff of FOSTAIR® whenever needed to relieve asthma symptoms
- Contact my doctor
- Start a course of prednisolone

#### COURSE OF PREDNISOLONE TABLETS:

Take  mg prednisolone tablets for

days OR

**IF I NEED TO TAKE 6 RELIEVER PUFFS FOR 2 DAYS IN A ROW (MAXIMUM DAILY DOSE OF 8 PUFFS), I SHOULD CONTACT MY DOCTOR**

### ASTHMA EMERGENCY

#### SIGNS OF AN ASTHMA EMERGENCY:

- When my symptoms are getting worse quickly
- When it is very hard to breathe or speak
- When I get little or no relief from my FOSTAIR® reliever inhaler

**IF I HAVE ANY OF THE ABOVE DANGER SIGNS, I SHOULD DIAL 000 FOR AN AMBULANCE AND SAY THAT I AM HAVING A SEVERE ASTHMA ATTACK.**

#### WHILE I AM WAITING FOR THE AMBULANCE:

- Sit up straight and stay calm
  - Take my FOSTAIR® as often as needed, use a spacer if available
  - If only salbutamol (e.g. Ventolin®, Asmol®) is available, take 4 puffs as often as needed until help arrives.
- **Even if my symptoms appear to settle quickly, I should see my doctor immediately.**
- Use my adrenaline autoinjector

## What is FOSTAIR® Maintenance And Reliever Therapy?

FOSTAIR® Maintenance And Reliever Therapy is used both for regular daily asthma treatment and to treat any asthma symptoms, such as shortness of breath, wheezing, chest tightness and cough. A separate reliever such as Ventolin® (salbutamol) is not necessary.

## Why is this treatment approach different?

FOSTAIR® contains two active substances which are inhaled through your mouth and delivered directly into your lungs. FOSTAIR® Maintenance And Reliever Therapy not only relieves asthma symptoms, but also treats inflammation (the underlying problem in asthma) with every puff. Therefore, you only need one inhaler to work as both a preventer and reliever.

## How does it work?

FOSTAIR® can be used for both maintenance and reliever therapy, as FOSTAIR® has a rapid onset of action (1-3 minutes) for symptom relief that can last for 12 hours. FOSTAIR® also contains an inhaled corticosteroid, which treats inflammation. When your asthma symptoms are worse, the extra doses of both medications help to prevent you from having a severe attack.

## Do I still need a separate reliever inhaler?

NO, a separate reliever inhaler e.g. salbutamol (Ventolin®, Asmol®) is not necessary if you are using FOSTAIR® as maintenance and reliever therapy. You should carry your FOSTAIR® inhaler with you at all times. Your doctor will advise you if you need any other additional medications.

## Do I need to carry my FOSTAIR® inhaler with me?

YES, you should carry your FOSTAIR® with you at all times for use as a reliever.

## How long do I use it?

Use Fostair® every day even if you feel well. FOSTAIR® helps control your asthma symptoms but does not cure it. Continue to use FOSTAIR® unless the doctor tells you to stop taking it.

## What is the maximum number of FOSTAIR® puffs that I can take in one day?

FOSTAIR® relieves asthma symptoms when they occur. If you get asthma symptoms, take one puff and wait a few minutes. If you do not feel better, take another puff. Do not take more than 6 reliever puffs per day. It is uncommon to need more than a couple of extra reliever puffs of FOSTAIR® in one day. The maximum daily dose of FOSTAIR® is 8 puffs, including the daily morning and night dose. If you take 6 reliever puffs for two days in a row, contact your doctor.

## How do I store my FOSTAIR® inhaler?

After you receive your FOSTAIR® inhaler from the pharmacy, store your inhaler at room temperature (below 30°C).

## How long does the inhaler last?

Each inhaler provides 120 puffs shown in a dose counter. You should get a replacement when the counter shows 20 and stop using your inhaler when it shows 0. Do not use FOSTAIR® if it is over 2 months from the date you received the inhaler from your pharmacist.

## Is there a risk of side effects using FOSTAIR® as both my regular daily maintenance and reliever?

All medicines can have side effects. Most of the time they are not serious. See the Consumer Medicines Information (CMI) leaflet, which is available from your doctor or pharmacist, for a full list of potential side effects.

## How to care for your inhaler

You should clean your inhaler once a week. When cleaning, do not remove the canister from the actuator and do not use water or other liquids to clean your inhaler.

### To clean your inhaler:

1. Remove the protective cap from the mouthpiece by pulling it away from your inhaler.
2. Wipe inside and outside of the mouthpiece and the actuator with a clean, dry cloth or tissue.
3. Replace the mouthpiece cover.

## Testing your inhaler

Before using the inhaler for the first time or if you have not used the inhaler for 14 days or more, you should test your inhaler to make sure that it is working properly.

1. Remove the protective cap from the mouthpiece
2. Hold your inhaler upright with the mouthpiece at the bottom
3. Direct the mouthpiece away from yourself and firmly depress the canister to release one puff
4. Check the dose counter. If you are testing your inhaler for the first time, the counter should read 120.

## How to use your inhaler

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

1. Check the dose counter and remove the protective cap from the mouthpiece. Check that the mouthpiece is clean and free from dust and dirt or any other foreign objects.
2. Breathe out as slowly and deeply as possible.
3. Hold the canister vertically with its body upwards and put your lips around the mouthpiece. Do not bite the mouthpiece.
4. Start to breathe in slowly through the mouth and, at the same time, press down firmly on the canister. Continue to breathe in slowly and deeply.
5. Hold breath for about 5 seconds or as long as comfortable. Finally, remove the inhaler from your mouth and breathe out slowly. Do not breathe into the inhaler.

If you need to take another puff, keep the inhaler in the vertical position for about half a minute, then repeat steps 2 to 5.

**Important:** Do not perform steps 2 to 5 too quickly. After use, close with the protective cap and check the dose counter.

