

NAME _____

GP: _____

DATE _____

MY USUAL BEST PEAK FLOW READING IS:

_____ L/min

GP PHONE: _____

CONTROLLED ASTHMA

■ MY BUFOMIX EASYHALER® ASTHMA TREATMENT IS:

Bufomix Easyhaler® 80/4.5mcg (your dose)

Bufomix Easyhaler® 160/4.5mcg (your dose)

■ MY REGULAR MAINTENANCE TREATMENT EVERY DAY IS:

Inhalation(s) in the morning and

Inhalation(s) in the evening

■ MY RELIEVER TREATMENT IS:

1 additional inhalation of Bufomix Easyhaler® when needed for relief of my symptoms

I should always carry my Bufomix Easyhaler® with me to use as a reliever when needed

■ MY ASTHMA IS STABLE IF *(delete as appropriate)*

- I have no difficulty sleeping because of my asthma symptoms
- I have not had my usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)
- My asthma had not interfered with my usual activities (eg. Housework, work/school)
- My peakflow reading is above L/min

INCREASING ASTHMA SYMPTOMS

■ IF OVER A PERIOD OF 2-3 DAYS

My asthma symptoms are getting worse
OR

I am using more than 8 Bufomix Easyhaler inhalations a day

I SHOULD

- Continue to use Bufomix Easyhaler every morning and evening PLUS additional inhalations when needed to relieve symptoms

AND

- Measure my peak flow

■ IF MY PEAK FLOW IS BELOW L/min I SHOULD *(delete as appropriate)*

Start a course of prednisolone tablets

Contact my Doctor

OTHER INSTRUCTIONS

■ IF I NEED MORE THAN 12 BUFOMIX EASYHALER® INHALATIONS IN A SINGLE DAY

I must see my doctor or seek urgent medical advice

ASTHMA EMERGENCY

■ SIGNS OF ASTHMA EMERGENCY

- My symptoms are getting worse quickly (cough, breathlessness, wheeze, tight chest) and Bufomix Easyhaler reliever inhalations are not relieving my symptoms (i.e. I do not feel better within 5 minutes of taking it)
- I have extreme difficulty breathing or speaking
- My peakflow is below L/min

I SHOULD SEEK MEDICAL ADVICE IMMEDIATELY BY CALLING MY DOCTOR, OR AN AMBULANCE (DIAL 112 OR 999) OR GO DIRECTLY TO HOSPITAL

■ IN AN EMERGENCY, THIS IS WHAT I SHOULD DO:

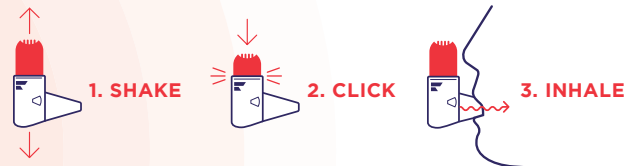
- Sit upright and stay calm
- Take 1 inhalation of Bufomix Easyhaler. Wait 1-3 minutes. If there is no improvement take another inhalation of Bufomix Easyhaler (up to a maximum of 6 inhalations)
- Even if my symptoms improve. I should see my doctor immediately after a serious asthma attack

OTHER INSTRUCTIONS

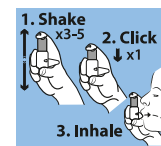
THINGS TO REMEMBER ABOUT YOUR MAINTENANCE AND RELIEVER THERAPY WITH BUDESONIDE-FORMOTEROL EASYHALER®

HOW TO USE YOUR EASYHALER®

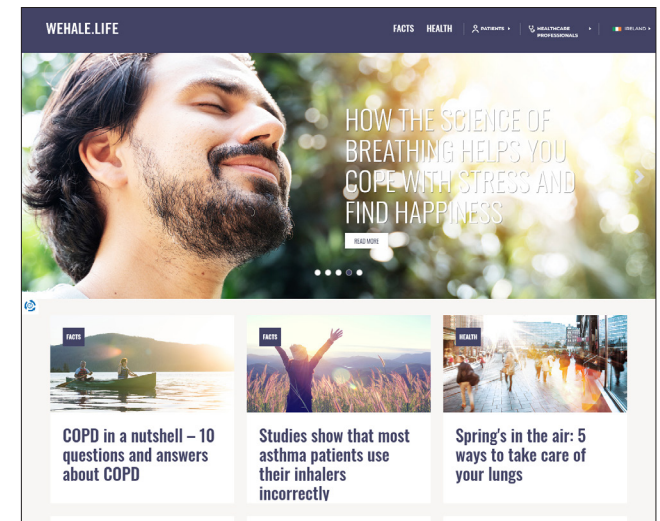
- Take your maintenance doses every day as prescribed, even when you're feeling well.
- If you are having asthma symptoms take 1 additional inhalation just as you would have done with your reliever (blue) inhaler. If symptoms persist after a few minutes, an additional inhalation should be taken, to a maximum of 6 inhalations on any single occasion.
- A total daily dose of more than 8 inhalations is not normally needed, however a total daily dose of up to 12 inhalations could be used for a limited period. If you are using more than 8 inhalations per day it is strongly recommended to seek medical advice
- If you get asthma symptoms during exercise you can use your Bufomix Easyhaler as described here
- Check the dose counter on the side of your inhaler. When it starts to turn red you should order a new inhaler, if you do not already have a replacement
- Please read the package leaflet for further information



Scan the QR code to see the user instruction video.



Check the correct user steps from the pictogram.



Visit www.wehale.life/ie to access information about breathing and living with Asthma and COPD. You can also sign into our Bufomix Easyhaler patient pages and access many resource items.

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 Health Products Regulatory Authority (HPRA) website: www.hpra.ie or email medsafety@hpra.ie

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This leaflet is intended for use only by patients who have been prescribed Bufomix Easyhaler MART therapy