

A user guide for adult patients prescribed

Luforbèc 100/6

(beclometasone/formoterol)

For Asthma Maintenance & Reliever Therapy (MART)

For more information about this medicine please refer to the Patient Information Leaflet inside the box your inhaler came in.



This user guide has been provided by:

LUPIN
HEALTHCARE
www.lupinhealthcare.co.uk

 **Luforbèc®**
100/6 beclometasone/formoterol

Why has my healthcare professional prescribed Luforbec metered dose inhaler for me?

Luforbec is an inhaler containing the active substances beclometasone and formoterol. The device delivers the active substances to the lungs to help manage your asthma. Together these two active substances help make breathing easier, by providing relief from asthma symptoms such as shortness of breath, chest tightness, wheezing and cough.

Asthma Maintenance and Reliever Therapy (MART) - Luforbec can be used for Maintenance And Reliever Therapy (sometimes referred to as MART). This means that it can be used to maintain your asthma control but also to relieve sudden symptoms you may experience between your usual doses. Previously you may have used a blue (reliever) inhaler for this. You can now use Luforbec for these sudden symptoms should they occur, which is why it is very important to keep your inhaler with you at all times.

How often should I use my inhaler?

For Maintenance of your asthma - You should take the following:

1 puff in the morning every day



1 puff in the evening every day



For Asthma Symptom Relief - If you get sudden asthma symptoms:

Take 1 puff of your inhaler and wait a few minutes



If you do not feel better, take another puff



You should not take more than 6 reliever puffs in one day

2 x

6 x

= 8

Maintenance puffs

Maximum reliever puffs

Maximum total puffs

If you are allergic or think you are allergic to any of the ingredients in Luforbec or if you feel you need more reliever puffs each day to control your asthma symptoms, please refer to your Personalised Asthma Action Plan and contact your healthcare professional for advice.

Before you start using your Luforbec inhaler

Before using the inhaler for the first time, release 3 puffs into the air. Or, if you have not used the inhaler for 14 days or more, release 1 puff. This is to make sure that your inhaler is working correctly.

Front facing dose indicator

The inhaler has a dose indicator to let you know how many doses are left in the canister.

Use the dose indicator to understand how many puffs you have left and ensure you request a new inhaler in plenty of time so you do not run out.



The indicator should read 120 before your first use



When your dose indicator shows the number 20 it means you have just 20 puffs left. The indicator will show a diagonal red/white band between 20 and 0 doses



Stop using the inhaler when the dose indicator shows 0 as any puffs left in the device may not be enough to release a full dose

Using your Luforbec inhaler



1. Remove the protective cap from the mouthpiece and check that the mouthpiece is clean and free from dust and dirt or any other foreign objects.

2. Stand or sit in an upright position when using the inhaler. Shake the inhaler.

3. Breathe out slowly and empty your lungs as much as comfortably possible.

4. Tilt the chin up slightly and seal the lips around the mouthpiece. Hold the canister vertically with its body upwards and put your lips around the mouthpiece, creating a tight seal without biting the mouthpiece and ensure your tongue remains flat.

5. After starting to breathe in, press down on the top of the inhaler to release one puff while continuing to breathe in. Breathe in slowly and steadily through the mouth over 3-5 seconds.

6. Remove the inhaler from your mouth and hold your breath for as long as possible (about 10 seconds) and finally, breathe out slowly. You should not breathe out into the inhaler.

7. If another puff is required, wait 30 seconds then repeat steps 3 to 6.

8. When finished, replace the mouthpiece cap. Rinse out your mouth with water to help avoid side-effects such as thrush or becoming hoarse.

Using your Luforbec inhaler with the AeroChamber Plus® spacer device

For most people it is recommended that a pressurised metered dose inhaler is used with a spacer device.



The AeroChamber Plus® spacer device is the spacer that is recommended for use with Luforbec.

Always consult the spacer device user instructions and listen to the advice given by your healthcare professional.

1. Remove the protective cap from the mouthpiece and check that the mouthpiece is clean and free from dust and dirt or any other foreign objects.

2. Stand or sit in an upright position when using the inhaler. Shake the inhaler.

3. Insert it into the back of the spacer until it forms a nice seal.

4. Breathe out slowly and empty your lungs fully or as much as comfortably possible.

5. Tilt the chin up slightly and seal the lips around the mouthpiece of the spacer device. Hold the canister vertically in the spacer with its body upwards and put your lips around the spacer mouthpiece creating a tight seal, without biting the mouthpiece. Ensure your tongue is kept flat.

6. After starting to breathe in, press down on top of the inhaler to release one puff into the spacer and inhale slowly and steadily through the spacer mouthpiece (over 3-5 seconds). If you hear a whistling sound you are breathing in too quickly.

7. Remove your spacer from your mouth and hold your breath for as long as possible (about 10 seconds) and, finally, breathe out slowly.

8. When finished, remove the inhaler from the spacer and replace the mouthpiece cap. Rinse out your mouth with water to help avoid side-effects such as thrush or becoming hoarse.

When and how to clean your device

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

- Remove the protective cap from the mouthpiece
- Wipe inside and outside of the mouthpiece with a clean, dry cloth or tissue
- Replace the mouthpiece cap

Storing your device

Do not use beyond 3 months after obtaining from your pharmacy, and do not use past the used by date on the canister and box.

Do not store the inhaler above 25 °C. Do not freeze.

If the inhaler has been exposed to severe cold, warm it with your hands for a few minutes before using. Never warm it by artificial means.

The canister contains a pressurised liquid. Do not expose the canister to temperatures higher than 50°C. Do not pierce the canister.

Disposing of your device

Medicines should not be disposed of using waste water or household waste.

Return all used, partially used and unused inhalers to your pharmacist for disposal.

Where can I find more information?

For more information about your condition and using your inhaler, the following contacts and websites may be useful:

NHS website

www.nhs.uk/conditions/asthma

Asthma UK

www.asthma.org.uk

Helpline: 0300 222 5800

Lupin Healthcare UK

www.lupinhealthcare.co.uk

This leaflet is not intended to replace the advice of your healthcare professional. If you have any queries about your medication or you feel unwell, contact your doctor, nurse or pharmacist or contact NHS 111 on the details below:

NHS 111 England

www.england.nhs.uk/urgent-emergency-care/nhs-111

Helpline: 111

NHS 111 Scotland

www.nhs24.scot/111/when-to-phone-111

Helpline: 111

NHS 111 Wales

www.111.wales.nhs.uk/contactus

Helpline: 111

(currently available in the following health board areas - Hywel Dda, Powys, Aneurin Bevan and Swansea Bay - including Bridgend)

If you are outside this area, please call 0845 46 47.

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the leaflet. You can also report side effects directly by the Yellow Card Scheme website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.