

A user guide for adult patients prescribed **Beclu**

There are two strengths of Beclu; 100 and 200. This leaflet covers how to use both strengths of Beclu.

Your doctor, nurse or pharmacist will have prescribed the strength of Beclu which is right for you.

This leaflet is not intended to replace the advice of your healthcare professional.



What is Beclu and what is it used for?

Beclu pressurised inhalation solution should be used regularly to help prevent the symptoms of mild, moderate or severe asthma.

The active ingredient, beclometasone, is a steroid. This steroid has an anti-inflammatory action reducing the swelling and irritation in the lungs, and therefore eases breathing problems.

Use Beclu regularly, as it has been prescribed by your healthcare professional.

If you are allergic or think you are allergic to any of the ingredients, contact your healthcare professional for advice.

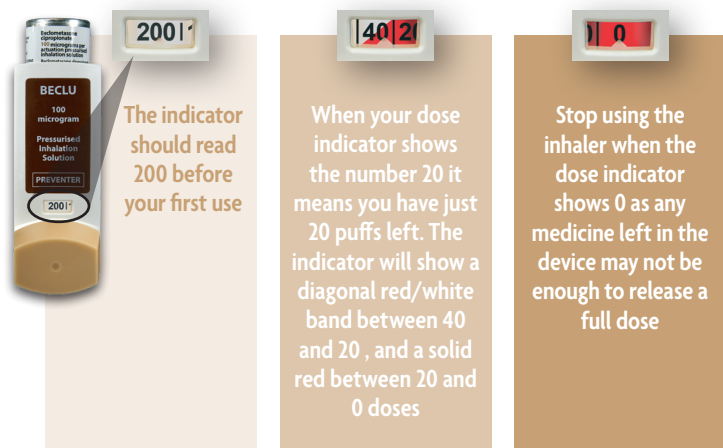
Before you start using your Beclu inhaler

If the inhaler is new or if it has not been used for three days or more, one puff should be released into the air to make sure that it works. If you are testing your inhaler for the first time, 200 should be displayed on the dose indicator.

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.



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:

1. Remove the protective cap from the mouthpiece by pulling it away from your inhaler.
2. Use a clean cotton swab to clean the small circular opening where the medicine sprays out of the canister. Gently twist the swab in a circular motion to remove any medicine.
3. Replace the mouthpiece cap

Storing your device

Keep this medicine out of the sight and reach of children.

Do not use Beclu after the expiry date which is stated on the carton and label. The expiry date refers to the last day of that month.

Do not store the inhaler above 30°C. Protect from frost and direct sunlight.

The canister contains a pressurised liquid. Keep away from heat and direct sunlight, do not expose to high temperatures (above 50°C) and do not puncture or burn (incinerate), even when empty.

Disposing of your device

Medicines should not be disposed 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 respiratory condition and using your inhaler, the following contacts and websites may be useful:

NHS website - www.nhs.uk/conditions/asthma

Asthma + Lung UK - www.asthmaandlung.org.uk

Helpline: 0300 222 5800

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

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

Using your Beclu inhaler with the Volumatic™ spacer device

Using your Beclu inhaler

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

The Volumatic™ spacer device is the spacer that is recommended for use with Beclu.

Below is the process for using your inhaler both with and without a spacer device.

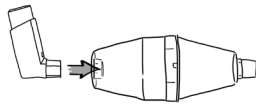
- 1.** Remove the protective cap from the mouthpiece and check that the mouthpiece is clean and free from dust and dirt or any other foreign objects.



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



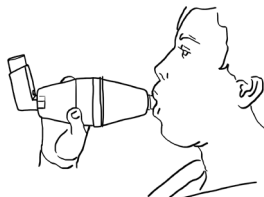
- 3.** Place the Beclu inhaler into the back of the spacer until it forms a nice seal.



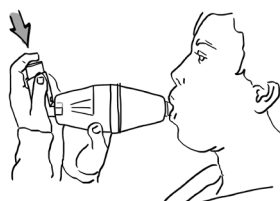
- 4.** Breathe out slowly and empty your lungs fully or as much as comfortably possible.



- 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.



- 6.** After starting to breathe in, press down on top of the inhaler to release one puff into the spacer and breathe in slowly and steadily through the spacer mouthpiece (over 3-5 seconds). You should be able to hear the mouthpiece valve click or rattle when you breathe in.



- 7.** Remove your spacer 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 spacer with the single breath and hold technique. If another puff is required, wait 30 seconds then repeat steps 3 to 6.

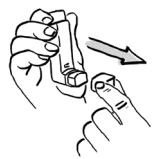


- 8.** When finished, remove the inhaler from the spacer and replace the mouthpiece cap and check the dose indicator. Rinse out your mouth with water to help avoid side-effects such as thrush or becoming hoarse.



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- 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.** Hold the inhaler upright, with your thumb on the base, below the mouthpiece. Breathe out slowly and empty your lungs as much as comfortably possible.



- 4.** Tilt your chin up slightly. Place the mouthpiece in your mouth between your teeth and close your lips around it, but do not bite down.



- 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.** Hold your breath and take the inhaler from your mouth. Continue to hold your breath for as long as possible (about 10 seconds) and finally, breathe out slowly. You should not breathe out into the inhaler. If another puff is required, wait 30 seconds then repeat steps 3 to 6.



- 7.** When finished, replace the mouthpiece cap and check the dose indicator. Rinse out your mouth with water to help avoid side-effects such as thrush or becoming hoarse.



You can find a video demonstrating how to use your Beclu inhaler by itself or with the Volumatic™ spacer by scanning the QR code with your mobile phone or visiting www.lupinhealthcare.co.uk

