

Information for
people who have
been prescribed a
SPIOLTO[®] Respimat[®]
Soft Mist Inhaler



A Guide to Using
SPIOLTO[®]
RESPIMAT[®]
FOR COPD

ABOUT THIS GUIDE

You have received this guide because you have been prescribed a SPIOLTO® Respimat® inhaler to help treat your COPD (chronic obstructive pulmonary disease).¹

The guide tells you how your SPIOLTO® Respimat® works, how to use it correctly and where to find additional support and resources.

If you have any questions about your COPD or inhaler, please speak to your pharmacist, nurse or doctor.

COPD AND YOU

COPD is a group of long-term conditions that make it difficult to breathe.^{2,3} This is because of damage to the lungs.^{2,3}

The air sacs between the lungs collapse (emphysema) and the airways become inflamed and narrow (chronic bronchitis).^{2,3}

Your symptoms might be making it harder to carry out your everyday tasks and can include:³



Increasing shortness of breath when active



Frequent chest infections



A persistent chesty cough with phlegm

The good thing is that you can do a lot to help manage your symptoms by:^{1,3}



Taking your prescribed medicine as instructed



Following the advice your pharmacist, nurse or doctor has given you

WHY YOU'VE BEEN PRESCRIBED SPIOLTO® RESPIMAT®

You have been prescribed SPIOLTO® Respimat®, which contains two medicines called bronchodilators that help you breathe more easily.¹



The two bronchodilators work in different ways to open the airways up, making it easier for air to get in and out of your lungs¹



As COPD is a long-term condition, you need to take your SPIOLTO® Respimat® at the same time everyday to help relieve your symptoms, and not only when you experience breathing problems¹



SOME FACTS ABOUT YOUR MEDICINE



You should breathe slow and steady when using the Respimat® inhaler¹

This is because Respimat® produces a slow-moving, long-lasting soft mist to deliver the medication to your lungs^{4,5}



Did you know?
Respimat® is reusable¹



Respimat® can be used with up to six cartridges¹

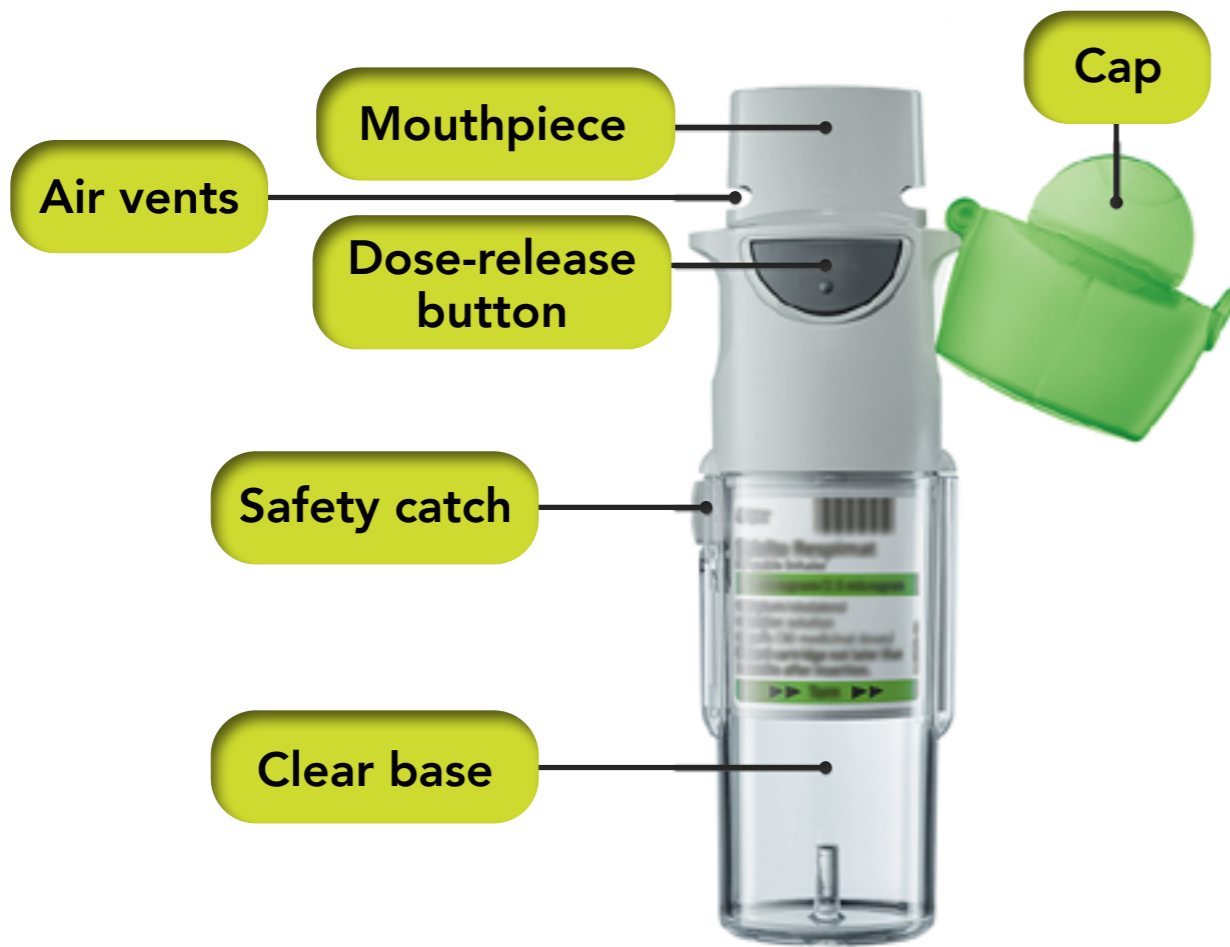
Replace the refill cartridge at the end of each month instead of throwing away your inhaler



INTRODUCING YOUR SPIOLTO[®] RESPIMAT[®] INHALER¹

If you need help with loading and preparing your SPIOLTO[®] Respimat[®] inhaler, please talk to your pharmacist, nurse or doctor.

RESPIMAT[®]



FRONT



BACK

CARTRIDGE



HOW TO USE YOUR SPIOLTO[®] RESPIMAT[®] INHALER

Once a month: load the cartridge into your inhaler and prepare it for use¹

HOW TO LOAD YOUR INHALER¹



Remove clear base

Keep the cap closed

Press the safety catch and pull off the clear base



Insert cartridge

Insert the cartridge into the inhaler

Place the inhaler on a firm surface and push down firmly until it clicks into place



Replace clear base

Put the clear base back into place until it clicks

Tick-off how many cartridges you've used with your inhaler on its label

Now it's time to prepare your inhaler for use...

HOW TO PREPARE YOUR INHALER FOR USE¹



Turn

Keep the cap closed and turn the clear base in the direction of the arrows on the label until it clicks (half a turn)



Open

Open the cap until it opens fully



Press

Point the inhaler towards the ground, press the dose-release button, then close the cap

Repeat steps 4-6 until a cloud is visible. Then repeat steps 4-6 three more times

Your inhaler is now ready to use and will deliver 60 puffs (30 doses)

EVERY DAY USE OF YOUR SPIOLTO[®] RESPIMAT[®] INHALER

TAKE TWO PUFFS ONCE A DAY¹



Turn

Keep the cap closed and turn the clear base in the direction of the arrows on the label until it clicks (half a turn)



Open

Open the cap until it opens fully



Press

Breathe out slowly and fully, then close your lips around the mouthpiece

While taking in a slow, deep breath, press the dose-release button; keep breathing in slowly

Hold your breath for 10 seconds or for as long as comfortable

Once complete, close the cap

Then repeat turn, open, press once more



Take two puffs, once daily, at roughly the same time each day



If you forget to inhale a dose, inhale just one dose at the usual time the next day. Do not take a double dose to make up for a forgotten dose



SPIOLTO[®] Respimat[®] should not be used to treat a sudden attack of breathlessness or wheezing



REPLACING YOUR SPIOLTO[®] RESPIMAT[®] CARTRIDGE¹

The easy-to-read dose indicator shows you how many puffs your cartridge has left:



60 puffs remain



Less than 10 puffs remain



The cartridge is finished

When the cartridge is finished:

- ✓ Turn the clear base to loosen it
- ✓ Pull the cartridge from the inhaler
- ✓ Insert a new cartridge as shown in the 'loading your inhaler' section (page 5)

HOW TO KNOW WHEN YOU NEED A NEW RESPIMAT[®] INHALER¹

You can use each SPIOLTO[®] Respimat[®] inhaler with up to 6 cartridges:



Each cartridge contains enough medication for 30 days (60 puffs)



Get a new cartridge before yours runs out, so you are not left without any medication




Remember to tick-off how many cartridges you have used with your inhaler on its label



After 6 months you will receive a replacement reusable inhaler

FURTHER INFORMATION ABOUT YOUR MEDICINE



FURTHER SUPPORT



Find out more about your medicine

If you would like further information about the medicine you are taking, patient information leaflets can be found on the electronic medicines compendium (emc) at:

www.medicines.org.uk/emc/product/6902/pil



Reporting side effects

By reporting side effects, you can help provide more information on the safety of your medicine

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 Yellow Card Scheme at:

www.mhra.gov.uk/yellowcard

Visit these useful websites for tips on managing your COPD, videos and information about your SPIOLTO® Respimat® inhaler:



References

1. SPIOLTO® Respimat® Patient Information Leaflet. 2. British Lung foundation. What is COPD? Available from: <https://www.blf.org.uk/support-for-you/copd/what-is-copd> (accessed December 2020). 3. NHS Choices. Chronic obstructive pulmonary disease (COPD). Available from: <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/> (accessed December 2020). 4. Hochrainer D et al. *J Aerosol Med* 2005;18:273–282. 5. Ciciliani AM et al. *Int J Chron Obstruct Pulmon Dis* 2017;12:1565–1577.

This leaflet is solely intended
for people in the UK who have
been prescribed the SPIOLTO®
Respimat® inhaler

