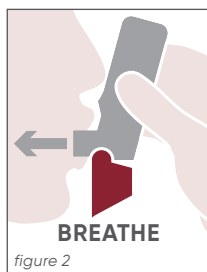
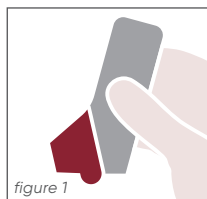


HOW TO USE YOUR DUORESP SPIROMAX INHALER

**DuoResp[®]
Spiromax[®]**
budesonide/formoterol
(eformeterol)



- 1** Hold your inhaler with the red mouthpiece cover at the bottom. You do not need to shake your inhaler. (Figure 1)
- 2** Fold down the cover until you hear a loud 'click'. This indicates the dose is measured and ready.
- 3** Breathe out gently to empty your lungs of air. (Do not breathe out through your inhaler).
- 4** Then place the mouthpiece between your teeth and make a tight seal with your lips, without blocking the air vents. Now breathe in through your mouth as deep and hard as possible. (Figure 2)
- 5** Remove your inhaler from your mouth and hold your breath for 10 seconds or as long as you are comfortable.
- 6** Now gently breathe out and close the mouthpiece cover. (Figure 3)

Repeat all the steps for a second dose and rinse your mouth out after you have finished.

Never take your inhaler apart or use your Spiromax if it is damaged or if the mouthpiece is removed. And do not open and close the mouthpiece cover unless you are about to use your inhaler.



The dose indicator, on the rear of the device, shows the number of inhalations remaining.

- When there are only 20 doses left, the numbers become red to indicate it is time to consult your doctor and obtain a new inhaler.

STAY ON TOP OF YOUR ASTHMA

Being in better control of your asthma goes a long way in making life a little easier for yourself.

Follow these helpful tips and advice:

- Educate yourself about your asthma including the medicine you take
- Learn how to use your inhaler correctly
- Store your medication properly and be mindful of expiry dates
- Realise what triggers your asthma symptoms and be prepared to manage them
- Be aware of how often you use your inhaler
- Know the signs that your asthma is getting out of control and stay in touch with your doctor
- Keep an asthma diary to help keep track of your asthma
- Discuss an asthma action plan with your doctor



Respiratory

If you have any questions about DuoResp Spiromax or your asthma, please speak to your doctor.