



Getting started with BREO ELLIPTA

for asthma



BREO ELLIPTA
fluticasone furoate/vilanterol

BREO ELLIPTA for asthma

About asthma

Asthma is a chronic inflammatory disease of the airways that can cause symptoms such as shortness of breath and wheezing. Asthma also causes inflammation and narrowing of the bronchial tubes resulting in limited airflow and difficulty breathing.

With asthma, the muscles surrounding the airways of your lungs are often inflamed. These can sometimes tighten, which makes breathing difficult and leads to asthma symptoms.



What is breo ellipta?

Your doctor has prescribed BREO ELLIPTA to help treat your asthma. BREO ELLIPTA comes in two dosage strengths: 100 mcg/25 mcg and 200 mcg/25 mcg. Your doctor would have determined the appropriate dosage for you.

BREO ELLIPTA is used for the long-term treatment of asthma in people aged 18 years and older. It is for adults who have asthma that is not adequately controlled with a long-term asthma medication, such as an inhaled corticosteroid (ICS) alone or whose asthma severity requires treatment with both an ICS and a long-acting beta₂ agonist (LABA).



How does breo ellipta work?

BREO ELLIPTA contains 2 active ingredients: fluticasone furoate and vilanterol.

Fluticasone furoate is an inhaled corticosteroid (ICS). It reduces inflammation (swelling and redness) in the airways of the lungs, which can ease breathing problems.

Vilanterol is a long-acting beta₂ agonist (LABA). It helps to open and relax the muscles in the airways. This allows more air to get in and out of the lungs and helps prevent shortness of breath and wheezing.

This medicine does not cure asthma but helps to control it.

The inhaled corticosteroids used for treating asthma are NOT the same as performance-enhancing (anabolic) steroids. (For more information, see Question 3 on page 8 of this brochure).



Before using your breo ellipta inhaler

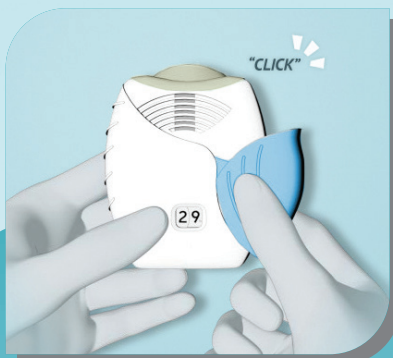
When you first receive BREO ELLIPTA, the ELLIPTA inhaler will be in the “closed” position. It is ready to use and you do not need to prime it before using it for the first time.

Write the “Discard by” date on the inhaler label in the space provided. The “Discard by” date is 6 weeks from the date you open the tray.

Do not shake the ELLIPTA inhaler at any point during use.

Only open the ELLIPTA inhaler when you are ready to take a dose. If you open and close the cover without inhaling the medicine, you will lose the dose.

3 steps to taking breo ellipta



1. Open

- Activate the inhaler by sliding the cover down until you hear a 'click.' The dose counter will count down by one.
- Hold the inhaler away from your mouth and exhale a complete breath.
- Don't breathe out into the inhaler.



2. Inhale

- Put the mouthpiece between your lips and close your lips firmly around it.
- Do not block the air vent with your fingers.
- Take one long, steady, deep breath in and hold for as long as possible (at least 3-4 seconds).



3. Close

- Remove the inhaler from your mouth. Exhale slowly and gently, then breathe normally.
- Clean the mouthpiece with a clean, dry tissue.
- Slide the cover upwards as far as it will go to close the inhaler

Rinse your mouth with water after use. Do not swallow the water.

Follow these steps carefully to use the ELLIPTA inhaler correctly. Proper technique is important to help ensure that you are taking the medication prescribed to you appropriately.

Visit **BREO.ca** for a step-by-step video on how to use the ELLIPTA inhaler.

For complete instructions, see the Patient Information leaflet that comes with your BREO ELLIPTA.

What side effects can breo ellipta cause?

As you start taking BREO ELLIPTA, you may experience side effects. Below is a list of some side effects reported with BREO ELLIPTA. If any of these affects you severely, tell your healthcare provider.

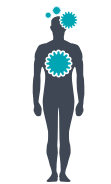
- Itchy, runny or blocked nose (nasopharyngitis)
- Infection of the nose or throat
- Common cold
- Sore, raised patches in the mouth or throat caused by a yeast infection (candidiasis/thrush). After using BREO ELLIPTA, rinse your mouth out with water immediately (do not swallow) as it may help stop this side effect from occurring. Cleaning dentures may also help
- Feeling of pressure or pain in the cheeks and forehead (may be signs of inflammation of the sinuses called sinusitis)
- Pain and irritation in the back of the mouth and throat
- Headache
- Voice disorders
- Abdominal pain
- Flu (influenza)
- Back pain
- Cough
- Nausea
- High temperature (fever)
- Dizziness
- Painful joints
- Hoarseness and voice changes
- Respiratory tract infection
- Anxiety
- Tremor
- Muscle spasms

This is not a complete list of side effects. For any unexpected effects while taking BREO ELLIPTA, contact your doctor or pharmacist.

Controlling your asthma triggers: What kinds of triggers may cause symptoms?

The “triggers” that can cause symptoms can vary from person to person, and may not always be identifiable. It never hurts to remind yourself of the things that could be making your condition worse. Here are some common situations and ways to tackle them.

Possible triggers



VIRAL INFECTIONS
(E.G. HEAD OR CHEST COLDS)



EXERCISE



STRESS



CHANGES IN
WEATHER



STRONG
SMELLS



SMOKE



CAR EXHAUST
FUMES

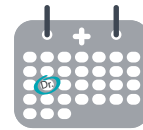


ANIMALS



DUST

Ways to tackle them



MAKE AN APPOINTMENT
WITH YOUR DOCTOR



EXERCISE FOR SHORT PERIODS
OF TIME



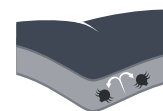
TAKE UP RELAXATION
TECHNIQUES



AVOID SMOKY ATMOSPHERES



KEEP ANIMALS OUTDOORS, OR
AT LEAST AWAY FROM YOUR
SLEEPING AREA



USE DUST-PROOF
BEDCOVERS

Assessing your asthma symptoms

Taking medication as directed and proper inhaler technique are both important, however, if you are experiencing regular symptoms despite therapy, your asthma may not be well controlled.

Keep the conversation going with your doctor about how you're feeling and if you are experiencing any asthma symptoms.

Scan to access [BREO.ca](https://www.breo.ca) for helpful resources about BREO ELLIPTA.



Frequently asked questions

If you have a question or concern about any aspect of your treatment, your doctor, nurse, or pharmacist is always the best person to ask. However, here are answers to some common questions.

Q1. Can I stop taking BREO ELLIPTA if I'm feeling better?

No, it is important that you continue to take BREO ELLIPTA regularly even if you feel fine and do not have any symptoms.

Asthma is a chronic (long-term) disease. If you have asthma, you have it all the time, even when you don't feel symptoms.

Do not stop taking BREO ELLIPTA without talking to your healthcare professional.

You should take BREO ELLIPTA:

- exactly as prescribed;
- every day;
- every 24 hours, at about the same time each day.

Q2. How do I know if my asthma symptoms are being controlled?

If you are experiencing symptoms, your asthma may not be well controlled.

Keep the conversation going with your doctor about how you're feeling and if you are experiencing any asthma symptoms.

Q3. Is the steroid used in BREO ELLIPTA the same as a performance-enhancing (anabolic) steroid?

Absolutely not.

The ICSs used for treating asthma are not the same as performance-enhancing (anabolic) steroids that some athletes use.

The ICS in your treatment is inhaled directly into your lungs to help reduce inflammation in the airways of your lungs.

Q4. What should I do if I miss a dose?

If you miss a dose, carry on and take your next dose at the usual time the next day. Do not take an extra dose to make up for the missed one.

Q5. What is the difference between BREO ELLIPTA and my rescue medication? When should I use them?

There are two main kinds of medications that work together to treat asthma. Each type of medication is important and they affect your lungs differently.

For most people with asthma, the doctor will prescribe both kinds of asthma medications:

1. Preventer or controller: You take your preventer medicine every day, even if you have no symptoms, to treat your asthma regularly. BREO ELLIPTA falls into this category.

2. Rescue or reliever: You use a reliever inhaler to treat your sudden asthma symptoms when they occur. They should relieve your symptoms within a few minutes.

BREO ELLIPTA is not for the treatment of acute asthma attacks. If you get a sudden attack of wheezing and breathlessness between your doses of BREO ELLIPTA, you should use your fast-acting reliever medicine that was prescribed to you. Use the medication as directed by your doctor.

Q6. What happens if I open and close the inhaler without inhaling the medicine?

If you open and close the cover of the ELLIPTA inhaler without inhaling the medicine, you will lose a dose. The dose will be securely held inside the inhaler, but it will no longer be available. It is not possible to accidentally take extra medicine or take a double dose in one inhalation.

BREO ELLIPTA is used for the long-term treatment of asthma in people aged 18 years and older who have asthma that is not adequately controlled with a long-term asthma medication, such as an inhaled corticosteroid (ICS) alone; or whose asthma severity requires treatment with both an ICS and a long-acting beta₂ agonist (LABA).

Do not use BREO ELLIPTA to treat sudden, severe symptoms of asthma, such as sudden shortness of breath or wheezing. BREO ELLIPTA is not a rescue inhaler and should not be used to give you fast relief from your asthma attack. You must use a rescue inhaler during a sudden asthma attack. Do not use BREO ELLIPTA if you, are under 18 years of age, are allergic to any of the medicinal or nonmedicinal ingredients contained in the product and have a lactose or severe milk protein allergy.

Before using BREO ELLIPTA, talk to a healthcare professional if you have liver disease, as you may be more likely to experience side effects; have heart problems, irregular heart beat or high blood pressure; are pregnant or planning to become pregnant; are breastfeeding; have ever had thrush or a yeast infection in your mouth; have ever had seizures; have thyroid gland problems or disease; have diabetes or high blood sugar; have eye problems such as glaucoma, cataracts, blurry vision or other changes in vision; have ever had to stop taking another medication for your breathing problems because you were allergic to it or it caused problems; have been taking other corticosteroids by mouth or by inhalation; have an immune system problem; have any allergies to food or drugs; have low levels of potassium in your blood; and have ever had herpes simplex of the eye, a history of tuberculosis infections, or any type of viral, bacterial, fungal (yeast), or parasitic infection.

When LABA medicines are used alone without an ICS, they increase the risk of hospitalization and death from asthma problems. BREO ELLIPTA contains both an ICS and LABA. Studies showed that when an ICS and LABA are used together, there is not a significant increased risk in hospitalizations and death from asthma problems.

Side effects of BREO ELLIPTA may include: itchy, runny or blocked nose (nasopharyngitis); infection of the nose or throat; common cold; sore, raised patches in the mouth or throat caused by a yeast infection (candidiasis/thrush); feeling of pressure or pain in the cheeks and forehead (may be signs of inflammation of the sinuses called sinusitis); pain and irritation in the back of the mouth and throat; headache; voice disorders; abdominal pain; flu (influenza); back pain; cough; nausea; high temperature (fever); dizziness; painful joints; hoarseness and voice changes; respiratory tract infection; anxiety; tremor and muscle spasms.

More on BREO ELLIPTA

Remember to take your medication as directed, and ensure you are using the ELLIPTA inhaler correctly.

You should continue to take BREO ELLIPTA regularly even if you feel fine and do not have any symptoms. Do not stop taking BREO ELLIPTA without talking to your doctor first.

For more information and other helpful resources including a step-by-step video of how to use your ELLIPTA inhaler, visit BREO.ca



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