

QVAR[®] AUTOHALER

Beclomethasone dipropionate (50mcg, 100mcg)

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- if the packaging shows signs of tampering.
- unless advised by your doctor

- Before you start to use it

Some medicines may increase the effects of QVAR Autohaler and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV such as cobicistat).

It is important to tell your doctor or pharmacist if

- you have allergies to any other medicines

- Taking other medicines

Tell your pharmacist or doctor if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

1. Remove the mouthpiece cover by unclipping it from the back.

2. Hold upright and push lever up
Push the lever up so that it stays up. Keep holding the Autohaler unit upright making sure your hand is not blocking the air vent at the bottom.

3. Breathe out and position mouthpiece.
Breathe out as far as you comfortably can and immediately close your lips around the mouthpiece.

4. Breathe in.
- breath in slowly and deeply through the mouthpiece.
- do not stop breathing when you hear the 'click and whoosh' and feel the puff in your mouth. It is important to keep breathing in after the puff is released.

5. Hold your breath
- hold your breath for 10 seconds and then breathe out slowly.

6. Push lever down.
- after each puff return the lever to the down position whilst holding the Autohaler unit upright.

If your doctor has prescribed more than one puff repeat steps 2 to 6.

Replace the mouthpiece cover after use.

Remember to push the lever up before each puff and gently back down afterwards, always holding the Autohaler upright. This prepares the Autohaler for your next dose. The lever should be left down between treatments and the mouthpiece replaced to keep your QVAR Autohaler clean.

- How much to use

Use QVAR Autohaler only as directed by your doctor.

There are two strengths of QVAR Autohaler available and your doctor will have chosen the one which best suits your condition.

What QVAR Autohaler is used for

The name of your medicine is OVAR Autohaler. It contains an active ingredient called beclomethasone dipropionate.

Beclomethasone dipropionate is in a class of medications called corticosteroids.

QVAR Autohaler are designed so the medicine can be inhaled (breathed in) into the lungs to help manage asthma.

Ask your pharmacist or doctor if you have any questions about this medicine.

How QVAR Autohaler works

QVAR Autohaler acts directly on your lungs and the air passages to reduce inflammation. This helps improve your condition and to prevent asthma attacks from occurring.

Before you use QVAR Autohaler

- When you must not use it

Do not use QVAR Autohaler if you have any of the following:

- You are allergic to beclomethasone dipropionate or any other ingredients of QVAR Autohaler (listed in Product Description)

Do not use QVAR Autohaler

- to treat an acute asthma attack
- after the expiry date on the pack;

How to use QVAR Autohaler

Follow all directions given to you by your pharmacist or doctor carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your pharmacist or doctor for help.

QVAR Autohaler Instructions for Use:
If your QVAR Autohaler is new or has not been used for two weeks or more you must test fire it by releasing two puffs into the air.

QVAR Autohaler is designed for ease of use. To make it work you just breathe in through the mouthpiece.

There is no need to press and breathe in at the same time. A click and whoosh tells you that QVAR Autohaler has automatically released the correct dose of medicine.

There is no need to shake your QVAR Autohaler.

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QVAR is an extra fine aerosol, so more of each dose is delivered to your lungs. Because of this, your doctor may prescribe a lower dose of QVAR than your previous preventer inhaler.

Adults:

With QVAR 50 Autohaler, the usual dose in adults for mild to moderate asthma is one to four puffs twice a day. For more severe asthma the usual dose in adults is up to eight puffs twice a day.

With QVAR 100 Autohaler, the usual dose in adults for mild to moderate asthma is one to two puffs twice a day. For more severe asthma the usual dose in adults is up to four puffs twice a day.

Your doctor will tell you which strength of QVAR Autohaler, to use and how many puffs to use each day.

Children:

In children aged five years and over, the recommended dose of QVAR is one puff twice daily of Qvar 50 Autohaler. Children should be supervised by a responsible adult.

- When to use it

Take your medicine at about the same times each day. Using it at about the same times each day will have the best effect. It will also help you remember when to use it.

- How long to use it

Continue using this medicine for the duration that your doctor tells you to.

- If you forgot to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have used too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using it

- Things you must do

Continue using QVAR Autohaler for your doctor or pharmacist tells you. Visit your doctor regularly to check on your asthma condition.

- Things you must not do

Do not take QVAR Autohaler to treat any other complaints unless your pharmacist or doctor tells you to. Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

Always use QVAR Autohaler regularly as prescribed, even if you are not suffering any asthma symptoms. If you think your asthma is getting worse (i.e. if you suffer more frequent asthma attacks) consult your doctor immediately.

Side effects

The side effects of QVAR Autohaler include

- sore, creamy-yellow raised patches in the mouth (thrush), or a hoarse voice. These problems are less likely to occur if you rinse your mouth out with water each time after using QVAR.
- narrowing of the airways, or chest tightness. This may happen if your lungs are very sensitive. If this occurs use a reliever inhaler. You may also prevent this effect by using your reliever inhaler before

using your QVAR Autohaler. If this effect is severe stop using it and see your doctor immediately.

- Pain
- Palpitation, Angina pectoris
- Bacterial Infection
- Acute asthma episode
- Respiratory disorder

If you notice any side effects that are not listed here tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website nppra.moh.gov.my [Public →Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and disposal of QVAR Autohaler

- Storage

Keep your medicine in a cool dry place where the temperature stays below 30° C.

Do not store QVAR Autohaler or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

- Disposal

Ask your pharmacist what to do with any medicine that is left over, or if the expiry date has passed.

Product description

- What it looks like

QVAR Autohaler consists of a metal canister sealed inside a plastic

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Autohaler unit. At the bottom of the Autohaler unit is a mouthpiece with a plastic cover. At the top of the Autohaler unit is a grey lever.

Serial Number

NPRA(R4/1)230321/00020

- Ingredients

- Active ingredients

Each puff of QVAR Autohaler releases 50 micrograms of beclomethasone dipropionate.

Each puff of QVAR 100 Autohaler releases 100 micrograms of beclomethasone dipropionate.

- Inactive ingredients

- Ethanol and
- norflurane (a non-CFC propellant which does not deplete ozone from the atmosphere).

-MAL Number

Qvar 50 Autohaler –
MAL20000022ACZ

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Manufacturer

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