

QVAR[®] INHALER

Beclomethasone dipropionate (50mcg, 100mcg)

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What QVAR Inhaler is used for

The name of your medicine is QVAR inhaler. It contains an active ingredient called beclomethasone dipropionate.

Beclomethasone dipropionate is in a class of medications called corticosteroids.

QVAR Inhaler 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 Inhaler works

QVAR Inhaler 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 Inhaler

- When you must not use it

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

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

Do not use QVAR Inhaler

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

- 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 Inhaler 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.

How to use QVAR Inhaler

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 Inhaler Instructions for Use:

If this is a new inhaler or if you have not used the inhaler for 2 weeks or more it must be tested before use by releasing 2 puffs into the air away from your face.

There is no need to shake your QVAR Inhaler.

1. Clear the mouthpiece
Remove the cover and check that the mouthpiece is clean.

2. Breathe out
Hold your QVAR Inhaler upright and breathe out as far as you comfortably can.

3. Position the mouthpiece, breathe in and press immediately close your lips around the mouthpiece. Start breathing in slowly, and firmly press the metal canister downwards until a puff is released. Complete your breath as fully and deeply as possible.

4. Hold your breath
Hold your breath for 10 seconds, then breathe out slowly. If another puff is needed, repeat steps 2 to 4. Always replace the mouthpiece cover after use.

- How much to use

Use QVAR Inhaler only as directed by your doctor.

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

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 Inhaler, 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 Inhaler, 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 Inhaler, 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 Inhaler.

Children should be supervised by a responsible adult.

QVAR[®] INHALER

Beclomethasone dipropionate 0.05mg & 0.1mg

- 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 Inhaler for the duration that 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 Inhaler 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 Inhaler 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 Inhaler 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 Inhaler.
- 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 Inhaler. 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 npra.moh.gov.my [Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and disposal of QVAR Inhaler

- Storage

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

Do not store QVAR Inhaler 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 Inhaler consists of a metal canister inside a plastic inhaler unit. At one end of the inhaler unit is a mouthpiece with a plastic cover.

- Ingredients

- Active ingredients
Each puff of QVAR 50 Inhaler releases 50 micrograms of beclomethasone dipropionate.

Each puff of QVAR 100 Inhaler 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

- MAL Number:

QVAR 50 Inhaler -
MAL20000020ACZ

QVAR 100 Inhaler -
MAL20000019ACZ

QVAR[®] INHALER

Beclomethasone dipropionate 0.05mg & 0.1mg

Manufacturer

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Product Registration Holder

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