

Why have I been prescribed Sirdupla™ metered dose inhaler?

Your doctor prescribed you Sirdupla™, a daily maintenance metered dose inhaler, to help treat and prevent symptoms of asthma. You must use Sirdupla™ every day for it to work.

Sirdupla™ will only prevent attacks of breathlessness or asthma if you use it regularly. Even if you start to feel that your condition is under control, you should continue to use Sirdupla™.

To help you adhere with treatment, try to get into a routine. Use Sirdupla™ at the same time or times every day.

How does it help?

Each puff from your Sirdupla™ inhaler contains two medicines: salmeterol xinafoate and fluticasone propionate.

- ◆ **Salmeterol xinafoate** makes it easier to breathe by helping the airways in the lungs stay open. Medically known as a long-acting bronchodilator, the effects can last for up to 12 hours.
- ◆ **Fluticasone propionate** is a corticosteroid which reduces swelling and irritation in the lungs.

Using your Sirdupla™ inhaler



- 1 Always use your inhaler while standing or sitting up.

Take the mouthpiece cover off. Is the mouthpiece clean and free of loose objects?



- 3 Shake the inhaler to ensure any loose objects are removed from the mouthpiece and the contents of the inhaler are evenly mixed.

Put your thumb below the mouthpiece, on the base of the inhaler and breathe out as far as comfortable.



- 5 Put the mouthpiece between your teeth, without biting. Close your lips tightly to form a seal.

Take a breath, slowly and steadily, through your mouth. Just after you breathe in, press down firmly on the top of the canister. This will release a puff of medicine. Continue to breathe in slowly and steadily.



- 7 On inhalation, hold your breath and count to ten. While you do, remove the inhaler from your mouth. Keep holding your breath for a few seconds.

Wait 30 seconds before taking another puff of medicine. Just follow steps 3-7 again.



- 9 When finished, replace the mouthpiece cover.

Rinse out your mouth with water to help you avoid getting thrush or becoming hoarse.



Keep an eye on the counter

Your Sirdupla™ inhaler contains 120 puffs of medication. Four extra puffs are added to prepare the inhaler before first use. Your inhaler should be shaken well followed by a release of a puff into the air before the first use. The same step should be repeated at least three times, shaking the inhaler before releasing each puff, until the counter reads 120.

You should get a replacement inhaler when the counter shows the number 20 (figure below). Stop using the inhaler when the counter shows 0 as any puffs left in the device may not be enough to give you a full dose.

Never try to alter the numbers on the counter or detach the counter from the plastic casing.



Things you should know about Sirdupla™

(salmeterol xinafoate/fluticasone propionate)

- 1 Sirdupla™ is a therapeutic equivalent of Seretide®* Evohaler®* at equivalent strengths. Sirdupla™ is not available in all the same strengths.
- 2 The colour of the device may be different than what you are used to, but it delivers the medication the same way.
- 3 Sirdupla™ should be used in patients aged 18 years and over with moderate to severe asthma.
- 4 Sirdupla™ includes a built-in automated dose-by-dose counter to help you stay on track with treatment.
- 5 If a Spacer device is required only the Aerochamber Plus® spacer should be used.

Some Sirdupla™ must-do's



Do cover up.

Keep dust, dirt and anything else that gets into your pocket away from the mouthpiece. Use the cover provided.



Do take your time.

Breathe slowly before using your inhaler. It may help to stand in front of a mirror for the first few times.



Do go online.

You can find a full set of instructions for using your inhaler at sirdupla.mylan.co.uk.

*Seretide®, Evohaler® and AeroChamber Plus® are registered trade marks of Glaxo Group Limited

Reporting of side effects:

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. By reporting side effects you can help provide more information on the safety of this medicine.

Side effects should also be reported to Medical Information, Mylan, Building 4, Trident Place, Mosquito Way, Hatfield, Hertfordshire, AL10 9UL.

0800 1218267

ukpharmacovigilance@mylan.com

Important contact numbers for further information;

Doctor

Nurse

Pharmacist

A guide for patients prescribed Sirdupla™



Sirdupla™

(salmeterol xinafoate/fluticasone propionate)

Sirdupla™ is indicated in **adults** 18 years of age and older for the regular treatment of asthma where use of a combination product (long-acting β 2 agonist and inhaled corticosteroid) is appropriate. Sirdupla™ should not be used for patients with mild asthma.

 Mylan

Better Health
for a Better World