

Why have you been prescribed Alvesco®?

Alvesco® is a medication to help control and prevent your persistent asthma by reducing your airway inflammation.

How does Alvesco® work?

The Alvesco® inhaler contains ciclesonide, which is a man-made (synthetic) corticosteroid. Corticosteroids are natural substances found in the body that reduce inflammation. Alvesco® is a clear and colourless spray, which contains small particles that can be inhaled deep into your lungs.

Alvesco® is a prodrug, which means that the medicine is not yet activated when released from the inhaler. After inhalation, when Alvesco® reaches the lungs, the medicine is absorbed in the cells of the lung tissue and converted into an active drug.

Alvesco® helps to decrease the inflammation in your lungs by reducing the swelling and hyper-sensitivity. This makes it easier for air getting into and out of the lungs.

Alvesco® is a preventer medication that needs to be taken every day! The effect improves over time and you need to continue your treatment even when you are feeling well. When you take Alvesco® regularly, it helps to control and prevent your symptoms.

Possible side effects

As with all medicines, Alvesco® can cause side effects, although not everybody gets them.

You can read about possible side effects in the Patient Information Leaflet included in the Alvesco® package. If you experience any side effects, talk to your doctor, nurse or pharmacist. This also applies to side effects not mentioned in the Patient Information Leaflet. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk/>

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

Other information

Does not contain lactose.

Store at room temperature. Do not expose to temperatures above 50°C.

Note down the date when you start using Alvesco® and replace the inhaler with a new one after 60 (or 120) doses have been inhaled (depending on the pack you use).

How do I use my Alvesco® inhaler?

It is important that a doctor, nurse or pharmacist shows you how to properly use your Alvesco® inhaler. A good technique will help you to maximize the amount of drug reaching your lungs.

You do not need to shake your Alvesco® inhaler before using it. The medicine is already in a solution which ensures you receive the proper amount of fine particles with each puff.

During inhalation, you can either be sitting down or standing up.

If you have a new inhaler, or if you have not used your inhaler for a week or more, it must be checked. Remove the mouthpiece cover and press down three times on the canister to release puffs into the air, direct the inhaler away from you.

This medicine is not suitable for use in an acute attack of breathlessness. For quick relief from such an attack, use only your reliever inhaler.

When should I take Alvesco®?

According to the prescription provided by your doctor and/or nurse.

Treatment plan

Take: puff(s) Alvesco® in the morning

Take: puff(s) Alvesco® in the evening

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If you forget to take a dose, just take your usual dose when it is next due. Do not take a double dose to compensate for a forgotten dose.

Your next visit is scheduled on:

In case of disease worsening, contact:

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For additional information on Alvesco® please read the patient leaflet in the Alvesco® package.

For you as a patient:

Further questions? Please use this space to add any questions to ask your doctor or nurse when you next see them.

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Warnings and precautions: Talk to your doctor, pharmacist or nurse before taking Alvesco® if you have other illnesses, other medicines, if you are pregnant, breastfeeding or think you may be pregnant or planning to have a baby. Alvesco® should not be used for treatment of sudden breathlessness.

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Follow these inhalation instructions and use the pictures to guide you



1. Remove the mouthpiece cover and check the mouthpiece, both the inside and the outside, to make sure that it is both clean and dry.



2. Hold the inhaler with your forefinger on the base of the canister and your thumb under the mouthpiece (the mouthpiece downwards and the base of the canister at the top).

3. Breathe out as much as possible and which still feels comfortable. Do not breathe out through the inhaler.



4. Place the mouthpiece in your mouth and close your lips **firmly** around it.
5. Just after starting to breathe in

through your mouth, press down with your forefinger on the top of the inhaler to release a puff of the medicine, while you are still breathing in slowly and deeply. Please take care that the puff of medicine does not escape through the top, bottom or sides of your mouth.



6. Hold your breath, take the inhaler from your mouth and remove your finger from the top of the inhaler. Continue

holding your breath for about ten seconds or as long as is comfortable. Breathe out slowly through your mouth. Do not breathe out through the inhaler.

It is important that you do not rush steps 3 to 6.



7. If you have been instructed to take another puff, wait about half a minute and repeat steps 3 to 6.

8. After use, always replace the mouthpiece cover to keep out dust. Replace firmly and snap into position



9. For hygiene reasons:
▶ Please clean the mouthpiece weekly with a dry tissue, both inside and out.

▶ Using a dry, folded tissue, wipe over the front of the small hole where the medicine comes out.

▶ Do not use water or any other liquids

YOUR GUIDE ON HOW TO USE ALVESCO®



This guidance is for patients who have been prescribed Alvesco®

Before you start using Alvesco®, please carefully read the patient information leaflet in the Alvesco® package since it contains important information for you.

If you have questions about your treatment or medications, always ask your doctor, nurse or pharmacist for more information.