

Qvar™

Inhaler

(queue-var in-hailer)

Beclomethasone dipropionate extrafine aerosol (beck-low-meth-a-zone die-pro-pee-one-ate)

Consumer Medicine Information

About this leaflet

This leaflet answers some important basic questions about QVAR Inhaler, but it does not contain all the available information. If you have any questions about QVAR Inhaler that are not answered by this leaflet ask your doctor or pharmacist.

Like all medicines QVAR Inhaler has potential risks as well as benefits. Your doctor and pharmacist always weigh a medicine's risks against its benefits before prescribing or dispensing it for you. **If you have any concerns about using this medicine please discuss them with your doctor or pharmacist.**

Keep this leaflet with your QVAR Inhaler because you may want to read it again.

What's in QVAR INHALER

The name of your medication is QVAR Inhaler. It contains a medicine called beclomethasone dipropionate. Beclomethasone dipropionate belongs to the corticosteroid family of medicines.

The amount of medicine in each puff of QVAR 50 Inhaler is 50 micrograms of beclomethasone dipropionate, and 100 micrograms in each puff of QVAR 100 Inhaler.

Each QVAR 200 dose Inhaler contains at least 200 puffs.

What QVAR INHALER is used for

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

Asthma causes the lining of your lungs to become inflamed (red and swollen), making it difficult for you to breathe.

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

QVAR Inhaler is therefore known as a "PREVENTER" medicine. It must be used every day even if you have no symptoms.

There is no evidence that QVAR Inhaler is addictive.

Perhaps your doctor has prescribed QVAR Inhaler for another reason. Ask your doctor if you have any questions.

QVAR Inhaler is only available with a doctor's prescription.

Before you use QVAR INHALER

When you must not use it

Do not use QVAR Inhaler:

- **if you are allergic to beclomethasone dipropionate or to any of the other ingredients of QVAR Inhaler** (listed at the end of this leaflet).
- **to treat an acute asthma attack.**
- **after the expiry date on the canister.**
- **if the packaging is torn or shows signs of tampering.**

What you must tell your doctor or pharmacist

- **Tell your doctor if you are allergic to any other medications, or to substances such as foods, preservatives or dyes.**
- **Tell your doctor if:**
 - **you are pregnant, or intend to become pregnant.**
 - **you are breast-feeding or plan to breast-feed.**

Your doctor or pharmacist will discuss the possible risks of using QVAR Inhaler during pregnancy or breast-feeding.

- **Tell your doctor or pharmacist if you currently have an infection.** Using QVAR Inhaler may hide some signs of infection. This could lead

you to the mistaken belief that you are better or that the infection is not serious.

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

• **Tell your doctor if you have or have had tuberculosis (TB).**

Talk to your doctor or pharmacist if you are not sure whether to start using QVAR Inhaler.

How to use QVAR INHALER

The correct way to use your QVAR Inhaler is explained in this leaflet. If you are not sure how to use your QVAR Inhaler ask your doctor or pharmacist to show you.

If you do not use your QVAR Inhaler correctly the medicine may not help you as much as it should. So even if you have been using another type of inhaler please read these instructions carefully before you start. If you find it difficult to breathe in and use an inhaler at the same time, talk to your doctor or pharmacist. They may be able to recommend another treatment method. Children prescribed QVAR should be supervised by a responsible adult.

To make sure your QVAR Inhaler delivers the correct dose you should clean it regularly as explained in this leaflet.

IN THIS LEAFLET ARE INSTRUCTIONS ON HOW TO USE AND CARE FOR YOUR QVAR INHALER.

If you need to use a spacer, the AeroChamber Plus can be used with QVAR Inhaler. Using a spacer can reduce the amount of drug deposited in your mouth and throat. You should not change to another make of inhaler or spacer without first checking with your doctor. You should actuate only one dose at a

time into the spacer and inhale each single dose immediately. It is important to wash your spacer regularly to prevent static charge build-up.

Please follow the cleaning instructions that come with the spacer.

How much, how often?

Use QVAR Inhaler only as directed by your doctor or pharmacist.

There are two strengths of QVAR Inhaler available and your doctor will have chosen the one which best suits your condition. QVAR is an extrafine aerosol, so more of each dose is delivered to your lungs.

Your doctor may therefore prescribe a lower dose of QVAR than your previous CFC preventer inhaler.

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.

In children the dose is one puff 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.

Use QVAR Inhaler at the same time each day.

QVAR Inhaler has a different taste and softer feel compared with CFC containing inhalers you may have used before.

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.

If you forget to use QVAR Inhaler

Use it as soon as you remember and then go back to using it as you would normally. Ask your doctor or pharmacist if you are not sure what to do. If you have trouble remembering to use your medicine, ask your pharmacist for some hints.

For how long should you keep using QVAR Inhaler

Do not stop using QVAR Inhaler until your doctor or pharmacist tells you to.

QVAR Inhaler helps control your condition. You must keep using it every day for as long as your doctor or pharmacist advises, even if you are feeling better.

If you use too much (overdose)

Too much use of any asthma inhaler may be harmful. **Do not use more puffs than the recommended dose unless your doctor tells you to.** If you use too much QVAR Inhaler for a long time your adrenal glands (small glands above the kidneys) may not work as well as they should.

If you think you or anyone else may have used too much QVAR Inhaler telephone your doctor or pharmacist, or the Poisons Information Centre (in Australia call 131126; in New Zealand call 0800 POISON or 0800 764 766). Do this even if there are no signs of discomfort or poisoning.

While you are using QVAR INHALER

Things you must do

If you have an Asthma Management Plan follow it closely at all times.

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

If you suddenly find it more difficult to breathe just after using QVAR Inhaler, use a reliever inhaler and contact your doctor or pharmacist immediately.

QVAR Inhaler is used to PREVENT asthma attacks. **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.

Tell any other doctors, pharmacists or dentists who are treating you that you are using QVAR Inhaler, especially if:

- you are about to be started on any new medication

- you plan to have surgery that needs a general anaesthetic

Tell your doctor if you become pregnant while you are using QVAR Inhaler.

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using QVAR Inhaler.

Ask your doctor to regularly check the height of children and adolescents who are taking QVAR Inhaler. Long term use of inhaled steroids may cause growth to be stunted.

Things you must not do

Do not take any other medicines for your breathing problems without checking with your doctor.

Do not give QVAR Inhaler to anyone else to use even if they have the same condition as you.

Do not use QVAR Inhaler to treat any other complaints unless your doctor or pharmacist tells you to do so.

Do not stop using QVAR Inhaler, or lower the dose, without first checking with your doctor or pharmacist.

Do not use QVAR Inhaler to relieve acute attacks of asthma. If you become wheezy or tight in the chest before your next dose of QVAR Inhaler is due, use a reliever inhaler in the usual way.

Do not use more puffs than you have been prescribed as this may cause you problems.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using QVAR Inhaler. Like all medications, QVAR Inhaler can sometimes cause unwanted effects. While most of

these are not serious, some of them may need medical attention.

Tell your doctor or pharmacist if you notice and are worried by any of the following effects:

- 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 QVAR Inhaler and see your doctor immediately.**

- a reduced growth rate or stunted growth in children and adolescents using QVAR Inhaler. Taking high doses of inhaled steroids over a very long time may cause them to grow more slowly than others. Ask your doctor to check their height regularly.

- blurred vision or other visual disturbances.

- allergic reactions such as rashes, itching, redness and swelling of the face, lips, mouth, throat and eyes may occur. If you experience any of these affects you should see your doctor as soon as possible.

- very rarely this medicine may cause Cushing's syndrome (a condition of the adrenal gland) with the following symptoms: Cushingoid features such as round (moon-shaped) face, weight gain, high blood pressure, anxiety, sleeping disorders or increased irritability (mainly in children).

After using QVAR INHALER

Care and Cleaning

For normal hygiene the mouthpiece of your inhaler should be cleaned

weekly with a clean dry tissue or cloth.

DO NOT WASH OR PUT ANY PART OF YOUR INHALER IN WATER. It is important to keep your inhaler clean and dry. It may not work if it gets wet or dirty.

Clean the mouthpiece of your inhaler once a week:

- Take the metal canister out of the inhaler unit.
- Remove the mouthpiece cover.
- Wipe the mouthpiece with a clean, dry cloth or tissue. **Do not wash or put any part of your inhaler in water**
- Replace the metal canister.
- Replace the mouthpiece cover.

Why would QVAR Inhaler have stopped working?

Your QVAR Inhaler may not work if:

- the mouthpiece is clogged and dirty
- the inhaler is empty (check by shaking the canister)
- the canister is wrongly positioned

Storage

Keep your QVAR Inhaler in a cool dry place, below 30°C. Keep QVAR Inhaler away from heat and dampness: do not store it in the bathroom or near a sink.

Keep QVAR Inhaler away from direct heat and sunlight: do not leave it in the car or on a window sill.

Keep QVAR Inhaler out of reach of children, ideally in a locked cupboard at least 1.5 metres above the ground.

Protect QVAR Inhaler from frost.

Disposal

Do not puncture the container or throw it into the fire even when it is empty as the canister may explode.

Ask your doctor or pharmacist what to do with any unused QVAR Inhaler.

Product description

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.

QVAR Inhaler comes in two different strengths, 50 micrograms and 100 micrograms. Each strength of QVAR 200 dose Inhaler contains at least 200 puffs.

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.

QVAR Inhaler also contains:

- ethanol (0.0059mL per puff)
- norflurane (a non-CFC propellant which does not deplete ozone from the atmosphere).

Sponsor/Supplier

QVAR Inhaler is supplied in Australia by:

iNova Pharmaceuticals (Aust) Pty Ltd

(ABN: 13 617 871 539)

L10, 12 Help Street

Chatswood NSW 2067

Toll Free: 1800 630 056

New Zealand

Toll Free: 0508 375 394

Australian Registration Numbers

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