

Bricanyl® Turbuhaler®

Terbutaline Sulphate, 200 micrograms per delivered dose
(corresponding to 250 µg metered dose).

CONSUMER MEDICINE INFORMATION

What is in this leaflet

This leaflet answers some of the common questions people ask about **Bricanyl Turbuhaler**. It does not contain all the information that is known about **Bricanyl Turbuhaler**. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor will have weighed the risks of you taking **Bricanyl Turbuhaler** against the benefits they expect it will have for you. **If you have any concerns about taking this medicine, ask your doctor or pharmacist.** **Keep this leaflet with the medicine.** You may need to read it again.

What Bricanyl Turbuhaler is used for

Bricanyl Turbuhaler contains terbutaline sulphate. Terbutaline is a bronchodilator and belongs to a group of medicines called beta-2-agonists. **Bricanyl Turbuhaler** is used to open up the airways in people with asthma, bronchitis and other breathing problems so that they can breathe more easily. It can also be used **before** exercise to keep the airways open if you start to wheeze or have trouble breathing each time you exert yourself.

Bricanyl Turbuhaler is a 'reliever' drug and you should only use it when you need it.

However, your doctor may prescribe this medicine for another use. Ask your doctor if you want more information.

Bricanyl Turbuhaler widens the airways which makes it easier to breathe. When you breathe in through the mouthpiece of the inhaler your breath carries the medicine to your lungs.

Bricanyl Turbuhaler is not addictive.

Bricanyl Turbuhaler is only available with a doctor's prescription.

Before you use Bricanyl Turbuhaler

When you must not use it

Do not use Bricanyl if you have an allergy to any medicine containing terbutaline or lactose (120 inhalations Turbuhaler only).

Some of the symptoms of an allergic reaction may include:

- rash, itching or hives on the skin
- shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body

Do not use Bricanyl Turbuhaler if you are pregnant or breast feeding unless your doctor says so. Ask your doctor about the risks and benefits involved.

Your baby can take in **Bricanyl Turbuhaler** from breast milk if you are breast feeding, although the amount is so small it is unlikely to affect the baby.

Do not use after the use by (expiry) date printed on the pack. It may have no effect at all, or worse, an entirely unexpected effect if you take it after the expiry date. **Do not use Bricanyl Turbuhaler if the packaging is torn or shows signs of tampering.**

Do not use it to treat any other complaints unless your doctor tells you to.

Do not give this medicine to anyone else.

Before you start to use it

You must tell your doctor if:

1. you have any allergies to

- other medicines used to treat breathing problems
- terbutaline sulphate or lactose
- any other substances ie other medicines, foods, preservatives or dyes.

If you have an allergic reaction, you may get a skin rash, hay fever, worse asthma or feel faint.

2. you have any of these medical conditions

- heart problems
- high blood pressure
- diabetes
- thyroid problems

It may not be safe for you to take **Bricanyl Turbuhaler** if you have any of these conditions.

Taking other medicines

Tell your doctor if you are taking any other medicines, including all medicines that you buy at the chemist, supermarket or health food shop.

Some medicines and Bricanyl may interfere with each other. These include:

- beta-blockers (some medicines for high blood pressure, heart conditions)
- medicines for glaucoma including eye drops

Your doctor or pharmacist can tell you what to do if you are taking any of these medicines.

If you have not told your doctor about any of these things, tell them before you take Bricanyl Turbuhaler.

Using Bricanyl Turbuhaler

Your doctor will have explained why you are being treated with **Bricanyl Turbuhaler** and told you what dose to take. **Follow all directions given to you by your doctor carefully.** They may differ from the information contained in this leaflet.

How to take it

You should only take **Bricanyl Turbuhaler** when you need it to ease your breathing. Unless your doctor has told you to, you should not use **Bricanyl Turbuhaler** regularly unless your breathing means that you need it.

Each pack of **Bricanyl Turbuhaler** contains an instruction leaflet that tells you the correct way to use it. Please read this carefully.

How much to take

Adults: The dose can range from 1-2 inhalations when needed up to every 4 to 6 hours. If you have severe breathing problems a single dose may be increased up to 6 inhalations.

You should not take more than 24 inhalations in any 24 hour period. When you take more than one inhalation at a time wait about 2 or 3 minutes between them.

Children (3-12 years): The dose can range from 1-2 inhalations when needed up to every 4 to 6 hours. If your child has severe breathing problems a single dose may be increased up to 4 inhalations.

A child should not take more than 16 inhalations in any 24 hour period. When your child takes more than one inhalation at a time get them to wait about 2 or 3 minutes between them.

You usually get an effect within 5 minutes of taking **Bricanyl Turbuhaler**. The effect of **Bricanyl Turbuhaler** lasts up to 6 hours. Treatment with **Bricanyl Turbuhaler** is effective even if you have an acute asthmatic attack.

Things you must do

If you find that the usual dose of Bricanyl Turbuhaler is not giving as much relief as before, or you are needing to use it more often, please contact your doctor so that your condition can be checked. Do not increase the dose without talking to your doctor. This is most important to make sure that your breathing problem does not get out of control.

If you have an Asthma Action Plan that you have agreed with your doctor, follow it closely at all times.

If you forget to take it

Since **Bricanyl Turbuhaler** is only taken when it is needed you will not 'miss' any doses.

Overdose

Telephone your doctor or the National Poisons and Hazardous Chemicals Information Centre Ph: 0800 POISON (0800 764 766) or go to Accident & Emergency at your nearest hospital immediately if you think that you or anyone else may have taken too much Bricanyl Turbuhaler. Even if there are no signs of discomfort or poisoning.

Use only the number of doses (inhalations) your doctor has prescribed. Using more will increase the risk of side effects.

The most common symptoms and signs that may occur after overdosage are:

- nausea
- headache
- rapid or irregular heartbeat
- muscle cramps
- nervousness, restlessness, trembling
- dizziness or unusual drowsiness.

Contact your doctor if any of these symptoms bother you.

While you are using Bricanyl Turbuhaler

Things you must do

If you find that the usual dose of Bricanyl Turbuhaler is not giving as much relief as before, or you are needing to use it more often, please contact your doctor so that your condition can be checked. Do not increase the dose without talking to your doctor. This is most important to make sure that your breathing problem does not get out of control.

If you have an Asthma Action Plan that you have agreed with your doctor, follow it closely at all times.

You must use Bricanyl Turbuhaler exactly as your doctor has prescribed. Tell all doctors, dentists and pharmacists who are treating you that you are taking Bricanyl Turbuhaler. Tell your doctor if you become pregnant while you are taking Bricanyl Turbuhaler.

Bricanyl Turbuhaler does not affect the ability to drive or use machines.

It is recommended that you rinse your mouth out with water after each use if possible. Do not swallow the water.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Bricanyl Turbuhaler. Ask them to answer any questions you may have.

Side effects that occur are usually mild and disappear by themselves within one or two weeks treatment. However, be sure to tell your doctor if any of the following side effects bother you or continue.

- headache
- tremor (shaky hands)
- nervousness
- rapid heartbeat or palpitations
- nausea, vomiting or diarrhoea
- bad taste in your mouth
- sweating, muscle twitching or cramps
- drowsiness or dizziness
- agitation, restlessness, hyperactivity or disturbed sleep
- skin rash
- in extremely rare cases, bronchospasm (cramp in the airways).

These side effects are usually mild.

Tell your doctor if you notice anything else that is making you feel unwell or bothering you.

Tell your doctor or pharmacist immediately if you notice any of the following:

- fast or irregular heart beat
- chest pain
- difficulty breathing or worsening of your breathing problem

These may be serious side effects. You may need urgent medical attention. Serious side effects are rare.

After using it

Cleaning

The Turbuhaler must be wiped only with a clean dry tissue and must never get wet. Full instructions on the right way to use and clean the Turbuhaler are inside each pack.

Storage

Bricanyl Turbuhaler should be kept below 30°C with the cover firmly in place. Do not store it or any other medicine in the bathroom or near a sink. Heat and dampness can destroy some medicines. **Keep it where young children cannot reach it.** A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines. **Do not leave it in the car on hot days.**

Disposal

Ask your pharmacist what to do with any Bricanyl Turbuhaler you have left over if your doctor tells you to stop taking it, or you find that the expiry date has passed.

Product description

There are two versions of **Bricanyl Turbuhaler** which both deliver the same amount (200 µg) of terbutaline sulphate (active ingredient) to the patient in each inhalation:

- Original M2 version - 200 inhalations which contains the active ingredient only. It does not contain any other ingredients.
- M3 version - 120 inhalations; Also contains lactose.

The Turbuhaler is a dry powder inhaler which is made up of plastic parts.

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