

# MAINTENANCE AND RELIEVER THERAPY (MART) WITH FOBUMIX EASYHALER

(budesonide / formoterol fumarate dihydrate)

Please read the leaflet in the Fobumix Easyhaler pack for further information.

If you need any other help please ask your healthcare professional for advice.

## WHAT IS MART?

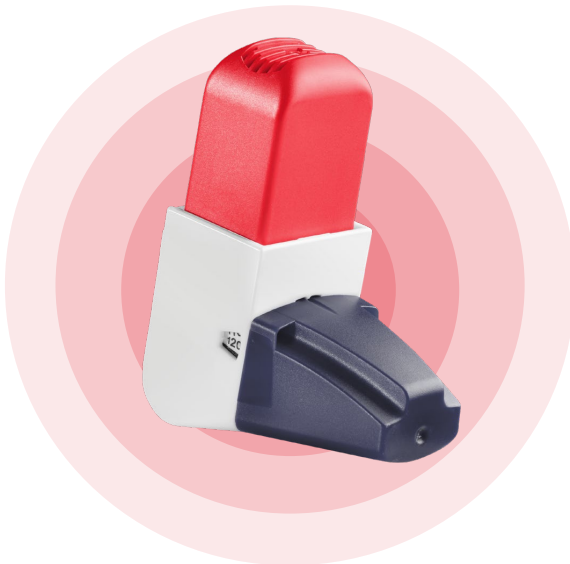
MART stands for **M**aintenance **A**nd **R**eliever **T**herapy. MART treatment of your asthma allows you to use Fobumix Easyhaler as both your maintenance treatment, and as your reliever to treat asthma symptoms when they happen.

## TWO TREATMENTS IN ONE DEVICE

### MAINTENANCE

Budesonide is the corticosteroid delivered as part of one inhalation of Fobumix Easyhaler.

Budesonide is a 'preventer' medication as it works by reducing and preventing swelling and inflammation in your lungs.



### RELIEVER

Formoterol is the long acting bronchodilator delivered as part of one inhalation of Fobumix Easyhaler.

Formoterol is a reliever medication where it works to relax the muscles in your airways to help you breathe more easily.

## THINGS TO REMEMBER

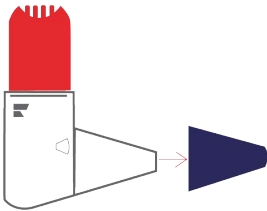
- ▶ Take your maintenance therapy inhalation(s) every day
- ▶ **ALWAYS** have your Fobumix Easyhaler with you for reliever therapy
- ▶ Take no more than 6 Inhalations from your Fobumix Easyhaler at a single time and you should take no more than 12 inhalations during any single day
- ▶ Tell your Pharmacist, GP or Nurse if you find you are taking more than 8 inhalations per day on a regular basis - or if your symptoms persist
- ▶ If you forget to take a dose, take it as soon as you remember. However, if it is nearly time for your next dose, skip the missed dose. Do **not** take a double dose to make up for a forgotten dose
- ▶ Check the dose counter on the side of your inhaler. When it starts to turn red you should order a new inhaler if you do not already have a replacement
- ▶ If you take a blue inhaler before exercise, remember to mention this to your healthcare professional as you may need to continue to do this
- ▶ Always use this medicine exactly as your healthcare professional has told you. Not all strengths of Fobumix Easyhaler should be used as MART treatment

**FOR MORE INFORMATION ABOUT ASTHMA MANAGEMENT  
VISIT WEHALE.LIFE/UK**

## HOW TO USE EASYHALER DEVICE

Please read the leaflet in the Easyhaler pack for further information. If you need any other help, please ask your healthcare professional for advice. There are reminder images to 'shake, click and inhale' on the patient information leaflet and device label.

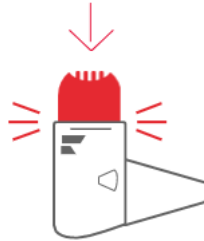
### REMOVE CAP



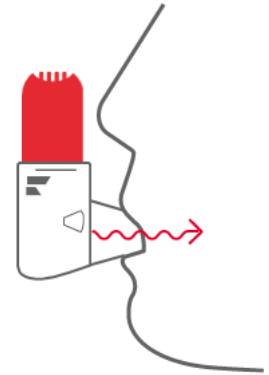
### SHAKE



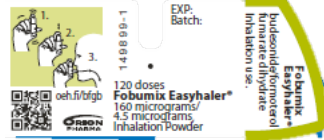
### CLICK



### INHALE



A QR code and a url to the How to use your Fobumix Easyhaler video appear on the carton, the package leaflet and on the inhaler label.



## WHAT SHOULD I DO IF I EXPERIENCE ANY SIDE EFFECTS?

Side effects can occur with any medication that you are prescribed, although not everybody gets them.

### Common side effects include:

- ▶ Palpitations (awareness of your heart beating), trembling or shaking. If these effects occur, they are usually mild and usually disappear as you continue to use Fobumix Easyhaler
- ▶ Thrush (a fungal infection) in the mouth. This is less likely if you rinse your mouth out with water after using your Fobumix Easyhaler
- ▶ Mild sore throat, coughing and a hoarse voice
- ▶ Headache

## WHAT SHOULD I DO IF MY SYMPTOMS GET WORSE OR I BECOME BREATHLESS OR WHEEZY?

If your symptoms persist after taking reliever inhalations of Fobumix Easyhaler you must refer to your personal asthma action plan or seek medical advice immediately.

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, [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

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