

1 REMOVE THE PLASTIC MOUTHPIECE CAP

Be sure there are no foreign objects in the mouthpiece.

2 MAKE SURE THE CANISTER IS FIRMLY SEATED IN THE PLASTIC MOUTHPIECE ADAPTER

If this is a new inhaler OR if you have not used the inhaler for 2 weeks or more, it must be 'primed' by releasing 2 puffs into the air, away from your face.

There is no need to shake your QVAR® inhaler.

3 BREATHE OUT AS FULLY AS YOU COMFORTABLY CAN

Hold the inhaler upright, and to your mouth. Close your lips around the mouthpiece, keeping your tongue below it.

4 WHILE BREATHING IN DEEPLY AND SLOWLY, PRESS DOWN ON THE CANISTER WITH YOUR FINGER

When you have finished breathing in, hold your breath for as long as comfortably possible (5-10 seconds).

5 TAKE YOUR FINGER OFF OF THE CANISTER AND REMOVE THE INHALER FROM YOUR MOUTH. BREATHE OUT GENTLY

6 IF YOUR DOCTOR HAS TOLD YOU TO TAKE MORE THAN 1 INHALATION PER TREATMENT, REPEAT STEPS 3 THROUGH 5

7 RINSE YOUR MOUTH OUT WITH WATER



QVAR® TOP TIPS

- QVAR® is approved for children as young as five years and up, and adults as well.
- Children are generally prescribed 1-2 puffs of QVAR®, twice daily.
- Once your child is stable and well controlled, your doctor or nurse may decide to titrate down to the **lowest dose that provides effective asthma control.**
- Your child should use their QVAR® inhaler every day, even when not experiencing symptoms.
- An easy way to make sure your child remembers to take QVAR® twice a day is to take QVAR® **before they brush their teeth** - that way it becomes a part of their daily routine.
- The QVAR® inhaler can also be used in combination with a space chamber or 'spacer'. **A spacer may help deliver more medication into your lungs and make co-ordination easier** - just ask your doctor or nurse for more information.

References: 1. van der Wiel E et al. J Allergy Clin Immunol 2013;131:646-57. 2. Bjerner L. Curr Opin Pulm Med 2014;20:23-30. 3. Hirota N & Martin JG. Chest 2013 Sep;144(5):1026-32. 4. Leach CL et al. Ann Allergy Asthma Immunol. 2012;108:195-200.

Qvar Inhaler and Qvar Autohaler are Prescription Medicines containing 50 mcg and 100 mcg of beclomethasone dipropionate per inhalation. Please refer to the data sheet available at www.medsafe.govt.nz before prescribing. Indications: Prophylactic anti-inflammatory treatment of reversible obstructive airways disease including asthma. Contraindications: Hypersensitivity to beclomethasone dipropionate or any other ingredient in Qvar. Not for use in children under 5 years. Precautions: Not for relief of acute attack, pregnancy and lactation. Adverse Effects: Candidiasis of mouth and throat, hoarseness, throat irritation. Qvar Inhalers contain Ethanol and the CFC-free propellant Norflurane (HFA134a). Interactions: No clinically significant drug interactions have been associated with therapeutic doses of BDP. Dose: The recommended total daily dose of Qvar is lower than that for current CFC-BDP products and should be adjusted to the individual patient. Starting and Maintenance Dose: Adults: For mild to moderate asthma: 50 mcg to 200 mcg twice daily. For more severe asthma: doses up to 400 mcg twice daily. Maximum recommended daily dose: 800 mcg. Children: 5 years and over 50 mcg twice daily. In more severe cases this may be increased up to 100 mcg twice daily. Maximum recommended daily dose is 200 mcg. To minimise the systemic effects of orally inhaled steroids, the dose should be titrated down to the lowest that provides effective asthma control. Qvar is a fully funded Prescription Medicine. Distributed in New Zealand by Radiant Health Ltd, c/- Supply Chain Solutions, 74 Westney Road, Airport Oaks, Auckland. Bausch & Lomb (NZ) Ltd, PO Box 4199, c/o Bell Gully AUCKLAND 1140. For all product enquiries: New Zealand Toll Free: 0508 375 394. TAPS PPXXXX LOTJ XXXX



KIDS AND QVAR

ENABLE THE BEST
POSSIBLE FUTURE
FOR THEM



ENABLE THE BEST POSSIBLE FUTURE FOR THEM - TREAT SMALL AIRWAYS INFLAMMATION



Small airways make up an amazing 99% of the lung!¹

Small airway inflammation is associated with:¹⁻³

- Irreversible loss of lung function
- Nocturnal asthma
- Allergy induced asthma
- Exercise induced asthma
- Difficult to control asthma
- Repeated asthma exacerbations

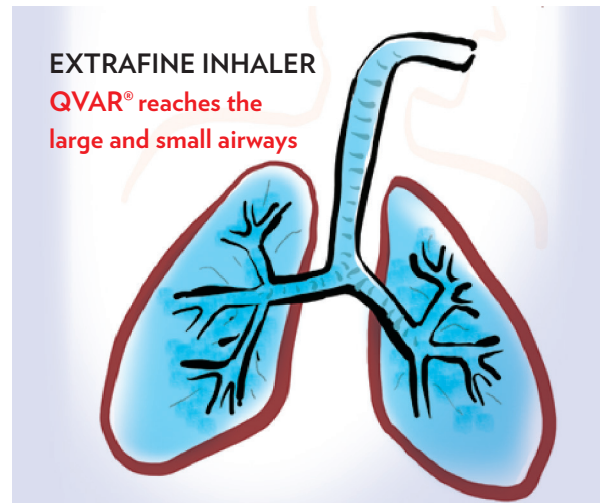
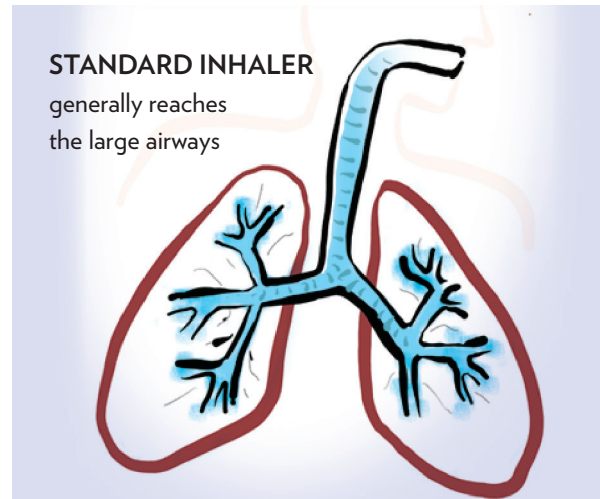
In children, uncontrolled or untreated small airway inflammation is related to airway remodelling and irreversible loss of lung function^{1,3}

Only the QVAR[®] inhaler can reach and treat inflammation in your child's small airways.⁴

WHY CHOOSE QVAR[®] FOR YOUR CHILD?

With QVAR you can use a lower dose of medicine (corticosteroid) to control your child's asthma.

Only the QVAR inhaler can reach and treat inflammation in your child's small airways.⁴



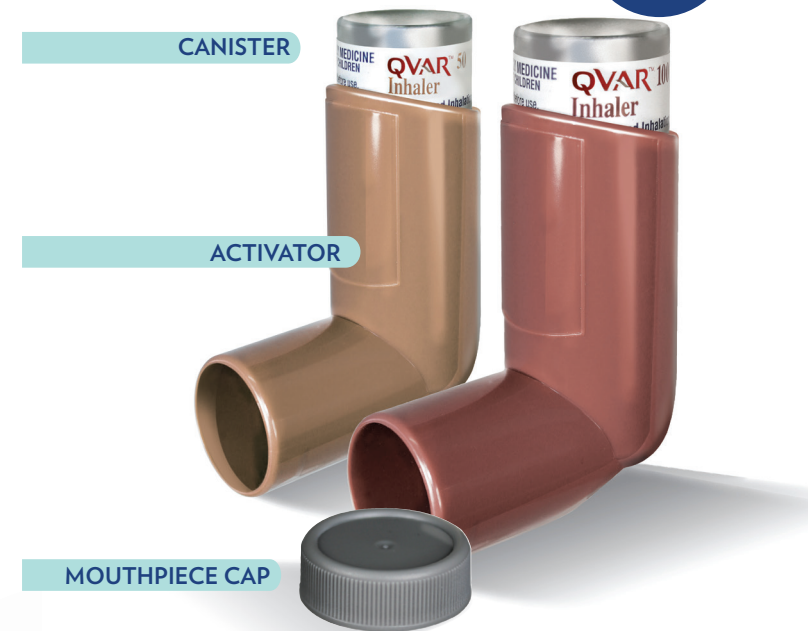
INSTRUCTIONS FOR TAKING A DOSE FROM YOUR QVAR[®] INHALER

Read through the 7 steps here before using QVAR[®]. Remember to use this preventer therapy as instructed. If you have any questions, ask your doctor or pharmacist.

As with all aerosol medications, prime the QVAR[®] inhaler before using it for the first time.

In addition, prime the QVAR[®] inhaler if you haven't used it in the last 10 days or longer.

FOR ORAL INHALATION ONLY



Use your QVAR[®] inhaler regularly as your doctor has prescribed. With regular use, QVAR can help control your asthma symptoms, which may prevent or lessen the severity of an asthma attack. It may take 1-4 weeks to feel the full benefits.