

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

CANISTER



ACTIVATOR

MOUTHPIECE CAP

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.

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

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 for more information.

REMEMBER: If you have any questions on your QVAR inhaler and how to use it, always ask your doctor.



Extra-fine BDP

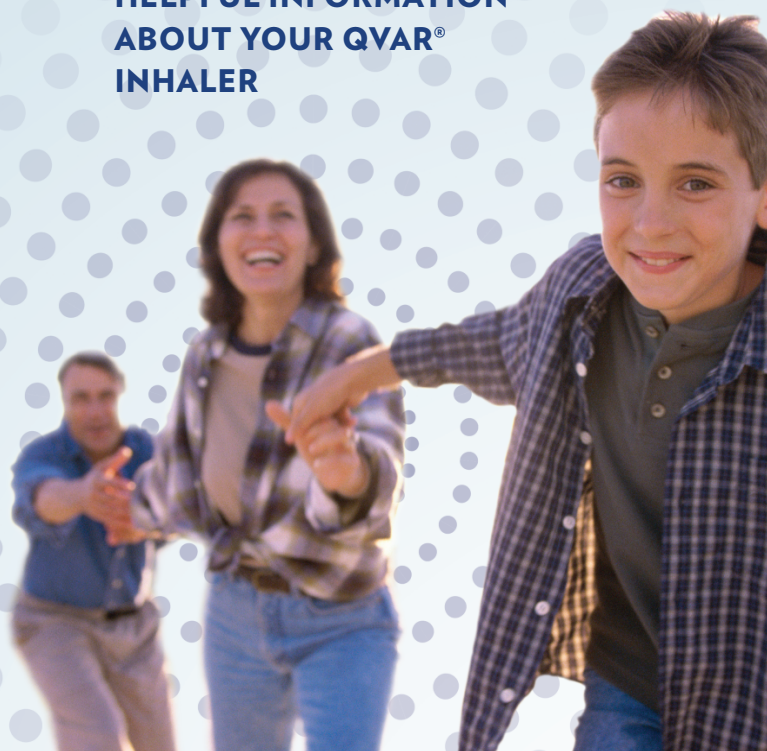
QVAR


(beclomethasone dipropionate HFA)
INHALATION AEROSOL

QVAR QUICK GUIDE

**HELPFUL INFORMATION
ABOUT YOUR QVAR®
INHALER**

QVAR 50 Inhaler and QVAR 100 Inhaler are prescription medicines containing beclomethasone dipropionate 50 micrograms and 100 micrograms per dose. QVAR is used to reduce inflammation in the lungs and prevent asthma attacks. QVAR has risk and benefits. Consumer Medicine Information can be obtained from www.medsafe.govt.nz. Ask your doctor if QVAR is right for you. Always use strictly as directed. If symptoms continue or you have side effects see your healthcare professional. QVAR is a fully funded Prescription Medicine. Normal doctors charges apply. Distributed in New Zealand by Radiant Health Ltd, c/- Supply Chain Solutions, 74 Westney Road, Airport Oaks, Auckland. iNova Pharmaceuticals (New Zealand) Limited, c/- Simpson Grierson, Level 27, 88 Shortland Street, Auckland. Telephone: (09) 358 2222. For all product enquiries: New Zealand Toll Free: 0508 375 394. TAPS PP5939.



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