

7 STEPS

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 in 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 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 spacer 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.

www.qvarinhaler.co.nz

References: 1. Leach CL et al. Ann Allergy Asthma Immunol. 2012;108:195-200. 2. van den Berg M et al. Allergy 2013;68:16-26. 3. Bjerner L. Curr Opin Pulm Med 2014;20:23-30. 4. Hirota N & Martin JG. Chest 2013 Sep;144(3):1026-32. 5. van der Wiel E et al. J Allergy Clin Immunol 2013;131:646-57.

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. Toll Free: 0508 RADIANT. TAPS PP9733 LOTJ 2017-05-062



KIDS AND QVAR

ENABLE THE BEST POSSIBLE
FUTURE FOR THEM



FULLY
FUNDED

Extrafine BDP

(Beclomethasone dipropionate HFA) INHALATION MEDICINE

QVAR

ONLY EXTRAFINE QVAR CAN REACH AND TREAT INFLAMMATION IN YOUR CHILD'S SMALL AIRWAYS¹

SMALL AIRWAYS MAKE UP AN AMAZING 99% OF THEIR LUNG!²



WHY TREATING SMALL AIRWAYS INFLAMMATION IS IMPORTANT

In children, uncontrolled or untreated small airway inflammation is related to permanent damage to the lung and irreversible loss of lung function^{3,4}

Small airway inflammation is associated with:³⁻⁵

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

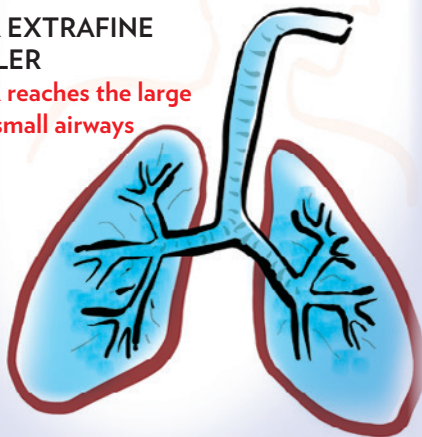
WHY CHOOSE QVAR FOR YOUR CHILD?

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

Only QVAR can reach and treat inflammation in your child's small airways.¹

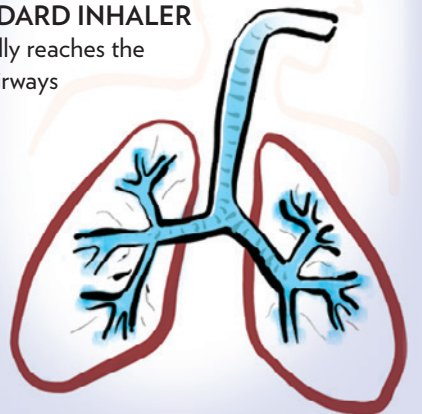
QVAR EXTRAFINE INHALER

QVAR reaches the large AND small airways



STANDARD INHALER

generally reaches the large airways



INSTRUCTIONS FOR TAKING A DOSE FROM YOUR QVAR INHALER

Read through the 7 steps overleaf 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 2 weeks or longer.

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.