

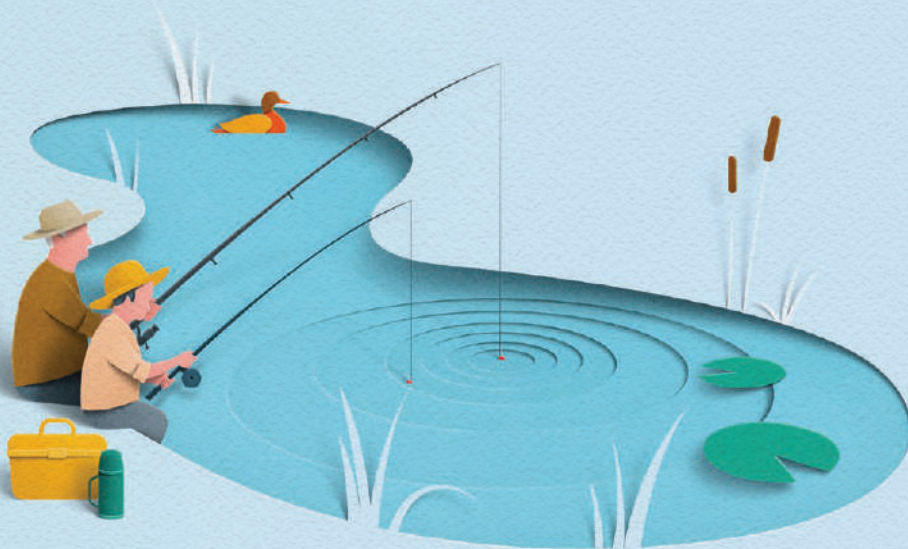
# BREZTRI™ & ME

A guide to understanding how to use  
your BREZTRI™ AEROSPHERE® inhaler



**BREZTRI™**  
**AEROSPHERE®**

budesonide / glycopyrronium / formoterol  
fumarate dihydrate pressurized inhalation  
suspension



## Your guide to understanding your COPD and treatment with BREZTRI™ AEROSPHERE®

You are reading this brochure because your healthcare professional has prescribed you BREZTRI™ AEROSPHERE® for the treatment of your COPD.

In this booklet, we'll review some of the basics of COPD and help you understand how to use your BREZTRI™ AEROSPHERE® inhaler.

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# Understanding your COPD


Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema (which causes breathlessness) and chronic bronchitis (long-term airway inflammation which can lead to coughing and mucus production).

## Symptoms of COPD include:

 Frequent coughing or wheezing (crackles in chest)

 Excess phlegm or mucus

 Shortness of breath

 Trouble taking a deep breath



**You may be feeling anxious about your COPD. Although it's a very common and natural reaction, taking proactive steps to discuss your COPD with your HCP and caregivers is important for your health status.**

## What causes COPD?

In most cases, cigarette smoking is the principal underlying cause, but that is not the only cause.

Other risk factors for COPD include:

- A rare genetic disorder called Alpha-1 antitrypsin deficiency
- Repeated lung infections during childhood
- Second-hand smoke
- Asthma combined with smoking
- Air pollution (dust or chemicals)

## What can you do to help prevent flare-ups from happening to you?

A flare-up (also often referred to as an “exacerbation”) happens when your COPD symptoms get worse or when new symptoms, such as a new cough or mucus, develop. Learning how to avoid flare-ups is an important part of managing your disease—the earlier you manage your disease, the better your chances of reducing the risk of a serious flare-up (which could result in hospitalization or death).

## Ways to prevent flare-ups

Fortunately, there are many things you can do to avoid a flare-up. Some of the best ways to avoid flare-ups are:

- Eat healthy foods (fruits, vegetables, nuts, seeds, grains, fish)
- Proactively book your flu shot appointment with your HCP
- Exercise (go for a walk, garden, take a bike ride)
- Avoid triggers such as air pollution, cigarette smoke, and breathing very cold or very humid air
- Maintain good sleeping habits
- Take all the medications prescribed by your doctor



# What is BREZTRI™ AEROSPHERE®?

BREZTRI™ AEROSPHERE® is a medicine used in adults for the long-term treatment of COPD.

BREZTRI™ AEROSPHERE® contains 3 medicinal ingredients:

- Budesonide, an inhaled corticosteroid (ICS)
- Glycopyrronium, a long-acting muscarinic antagonist (LAMA)
- Formoterol fumarate dihydrate, a long-acting beta<sub>2</sub> agonist (LABA)

Budesonide belongs to a group of medicines called corticosteroids. It reduces inflammation in the airways of your lungs, which can ease breathing problems and help prevent flare-ups of your COPD. Glycopyrronium and formoterol fumarate dihydrate belong to a group of medicines called bronchodilators. These two medicines work together to help open and relax the muscles of the airways. This allows more air to get in and out of the lungs. This makes it easier for people with COPD to breathe and helps prevent shortness of breath and wheezing.

**BREZTRI™ AEROSPHERE® is not a cure for COPD, but it can help to protect you from having another flare-up. So it is important to continue to take it regularly, even if you feel fine.**

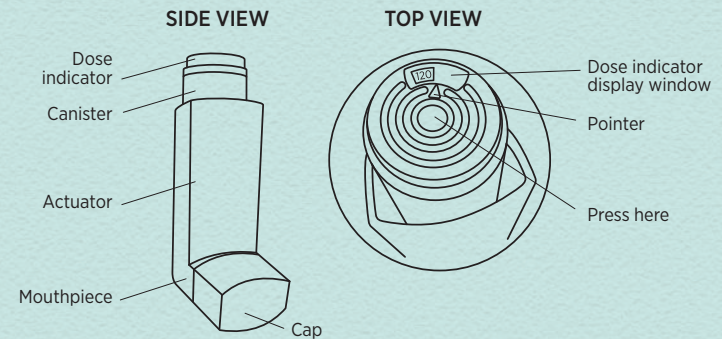
## What is the usual dose?

The recommended dose is 2 oral inhalations (puffs) in the morning and another 2 inhalations in the evening.

# How is BREZTRI™ AEROSPHERE® administered?

Your BREZTRI™ AEROSPHERE® is supplied as an inhaler, which comes as a **canister** that fits into a plastic piece called an **actuator**—at one end of this is the mouthpiece covered by a removable **cap**. On top of the canister, you will also see a **dose indicator**.

## Here's what makes up your BREZTRI™ AEROSPHERE® inhaler



## Important information

- For oral inhalation use only.
- Use BREZTRI™ AEROSPHERE® exactly as your doctor tells you to.
- If you have any questions about the use of your inhaler, ask your doctor or pharmacist.
- Clean your inhaler once each week. It is very important to keep the plastic actuator clean so that medicine will not build up and block the spray through the mouthpiece.

**Be sure to follow the directions for priming, using and cleaning your inhaler covered later in this booklet!**



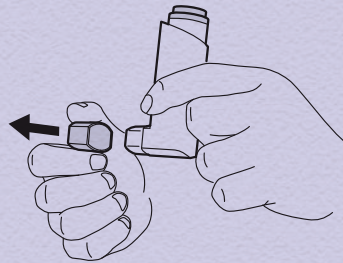
# How to use your BREZTRI™ AEROSPHERE® inhaler?

Your BREZTRI™ AEROSPHERE® inhaler should be stored at room temperature.

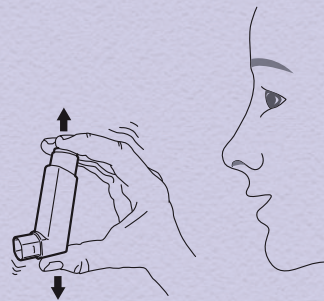
## Priming your inhaler

Get started with these simple steps:

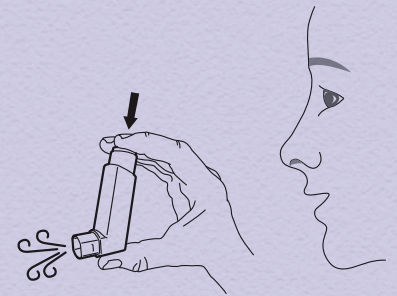
1. Remove cap, and check inside the mouthpiece for objects.



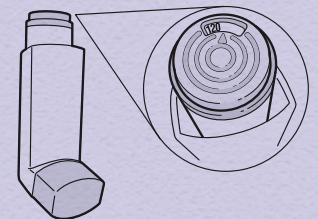
2. Hold your inhaler upright, away from your face. Shake well.



3. Press the centre of the indicator (which tracks dosing) until it cannot be pressed further—a puff of medicine will be released from the mouthpiece (you may hear a soft click). Repeat three more times (4 times total), shaking before each puff.



4. The dose indicator should now point to the right of “120”. This means your inhaler is ready and primed.

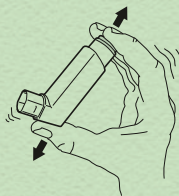




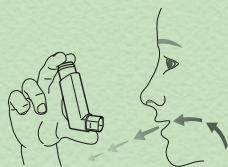
# Using your inhaler

To use your inhaler:

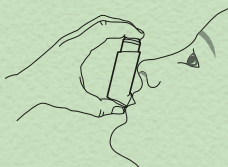
1. Remove cap, and shake well before each use.



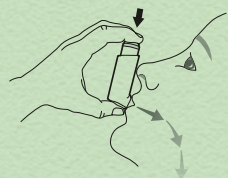
2. Hold your inhaler with mouthpiece towards you. Breathe out as fully as you can through your mouth.



3. Close your lips around the mouthpiece, tongue below it, tilt your head back.



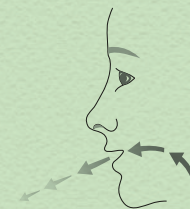
4. Take a slow deep breath in whilst pressing down on the centre of the dose indicator until a puff of medicine is released. Then stop pressing the dose indicator.



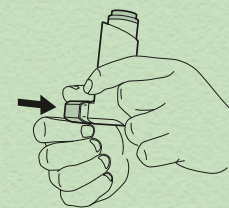
5. When you have finished breathing in, remove the mouthpiece from your mouth and hold your breath as long as is comfortable—for up to 10 seconds.



6. Breathe out gently. Repeat steps 2-6 to take a second puff.



7. Replace the cap right away after use.



8. Rinse your mouth with water to remove any excess medicine. Do not swallow.

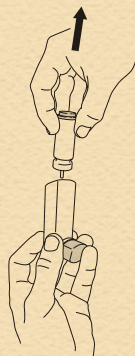




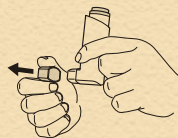
## Cleaning your inhaler

You should clean your inhaler once a week so that medicine does not build up and block the spray. It's a good idea to mark this day in your calendar or add a reminder on your phone.

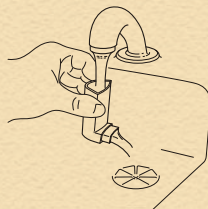
1. Remove the canister from the actuator and set aside (do not clean or get this wet).



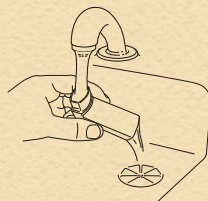
2. Take off the cap.



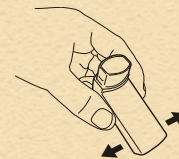
3. Run the actuator under warm water for 30 seconds.



4. Turn upside down and repeat.



5. Shake off as much excess water as you can.



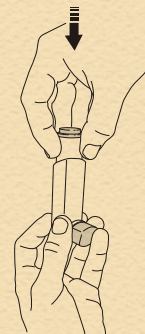
6. Check the mouthpiece for any buildup of medicine left—if there is, repeat the washing step.



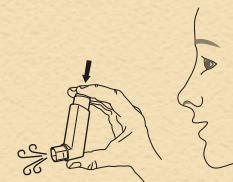
7. Once clean, let the actuator air-dry completely—ideally overnight. Do not put the canister back in if the actuator is still wet.



8. Once the actuator is completely dry, gently press the canister down into the actuator. Do not press down too hard as this could cause a puff of medicine to be released.



9. Re-prime your inhaler after each cleaning, following the steps on pages 8 and 9.



To re-prime the inhaler, shake the inhaler well and press down on the centre of the dose indicator 2 times to release a total of 2 puffs into the air away from your face.









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**Ask for support; your healthcare professional  
is happy to help you. Discuss your  
COPD treatment with them to help  
manage your condition.**

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