

# BREZTRI® & ME

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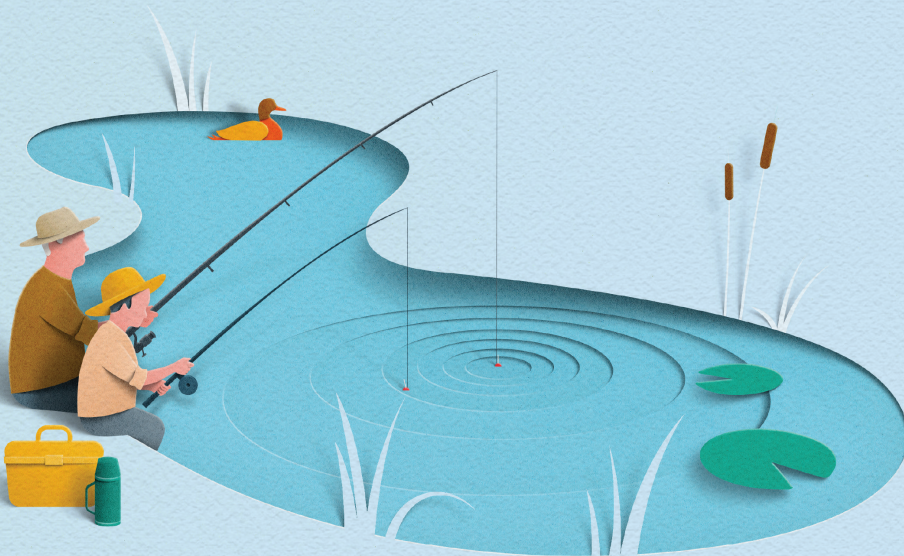
A guide to understanding how to use  
your BREZTRI® AEROSPHERE® inhaler



**BREZTRI®**  
**AEROSPHERE®**

budesonide / glycopyrronium / formoterol  
fumarate dihydrate pressurized inhalation  
suspension





# Your guide to understanding your chronic obstructive pulmonary disease (COPD) and treatment with BREZTRI AEROSPHERE

You are reading this brochure because your healthcare professional (HCP) 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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# What is 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 that 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 your 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
- Second-hand smoke
- Air pollution (dust or chemicals)
- Repeated lung infections during childhood
- Asthma combined with smoking



## What are flare-ups and how can you prevent them?

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)
- Exercise (go for a walk, garden, take a bike ride)
- Maintain good sleeping habits
- Take all the medications prescribed by your doctor
- Proactively book an appointment with your HCP to receive your flu shot and other vaccinations
- Avoid triggers such as air pollution, cigarette smoke, and breathing very cold or very humid air



# 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.

# What are the possible side effects?

## Possible side effects with BREZTRI AEROSPHERE

- Feeling anxious
- Trouble sleeping
- Headache
- Feeling sick (nausea)
- Cough and/or a hoarse voice
- Muscle spasms
- Shaking/tremors
- Dry mouth
- Mild irritation in the throat
- Bruising of the skin
- Feeling restless, nervous, or agitated
- Feeling dizzy
- Changes in behaviour

These are not all of the possible side effects that you may have when taking BREZTRI AEROSPHERE. If you experience any side effects not listed here, tell your healthcare professional.



# How should you use the BREZTRI AEROSPHERE inhaler?

Scan the QR code to watch a step-by-step video on how to use your BREZTRI AEROSPHERE inhaler.



## Important information about your inhaler

### Important reminders



- For oral inhalation use only
- Prime your BREZTRI AEROSPHERE inhaler before using it for the first time
- Rinse your yellow actuator weekly
- Take 2 puffs of medicine in the morning and 2 puffs of medicine in the evening
- Do not reuse or use the actuator with medicine canisters from other inhalers
- Do not puncture or throw the canister into a fire or incinerator

### Storing your inhaler



- Store your inhaler at room temperature between 15°C and 30°C, in a dry place
- **Do not store in a humid environment, such as a bathroom**
- Keep your inhaler and all medicines out of the reach and sight of children

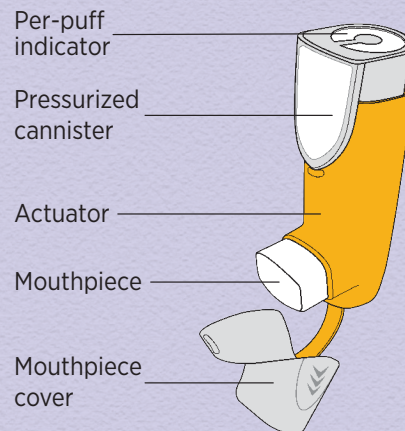
### Disposing of your inhaler



- Dispose of your inhaler after the last dose, following local guidelines
- If you are unsure of how to dispose of it, ask your pharmacist and they can tell you what to do with medicines you no longer need
- Help protect the environment by disposing of your medications properly

## Components of your inhaler

### SIDE VIEW



Your BREZTRI AEROSPHERE is supplied as an inhaler that consists of a **pressurized canister** that fits into a plastic piece called an **actuator**—at one end of this is the **mouthpiece**, which is protected by an attached cover. On top of the canister, you will also see the **puff indicator**.

## Reading the puff indicator

The puff indicator counts down by 1 each time you spray a puff of medicine.

### TOP VIEW OF PUFF INDICATOR

#### Pointer

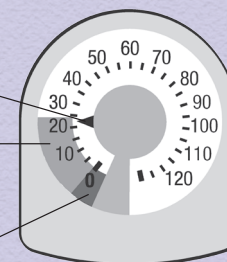
Points to number of puffs remaining in the inhaler.

#### Yellow zone

Order a new inhaler when the pointer is in the yellow zone.

#### Red zone

Throw away your inhaler when the pointer is at 0 in the red zone.



The display window for the 30-day inhaler shows 120 and the 14-day inhaler shows 60.

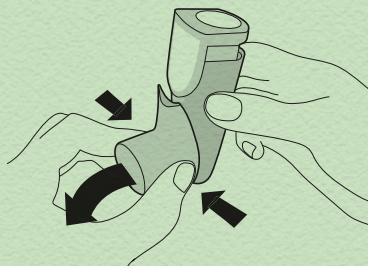
**Do not try to take a puff when the pointer is at 0 because you will not receive a full dose.**



## Priming your inhaler

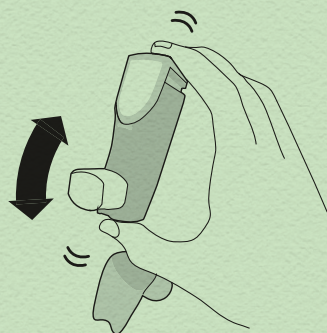
Priming ensures that you will receive the right amount of medicine when you use your inhaler. Before you use your inhaler for the first time, prime it by following the steps below.

1. Remove the mouthpiece cover by squeezing both sides and pulling out.



2. Shake the inhaler well and spray 1 **test-puff** into the air facing away from you. Repeat this step a total of 4 times, shaking before each test-puff.

**x4 total shakes and test-puffs**

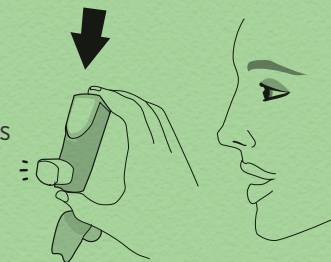


### Re-prime your inhaler:

- After rinsing the actuator
- If dropped
- If not used for more than 7 days

To re-prime, spray **2 test-puffs**, shaking before each test-puff.

**x2 total shakes and test-puffs**



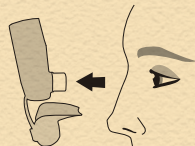
Extra puffs are provided for priming.  
**Do not skip priming.**



## Using your inhaler daily

Follow the instructions below to inhale your medicine.  
Take **2 puffs in the morning** and **2 puffs in the evening**.

1. Remove the mouthpiece cover.  
**Check the mouthpiece for foreign objects and remove objects before use.**



2. Shake the inhaler well before each puff.



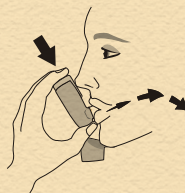
Breathe out fully.



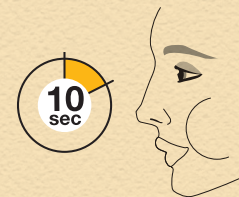
Place the mouthpiece into your mouth and close your lips around it.



Start to breathe in deeply and slowly while spraying **1 puff**. Continue breathing in until you cannot anymore.



Hold your breath for as long as you can, up to **10 seconds**.



3. Repeat Step 2 for a second puff.



4. Put the mouthpiece cover back on.



5. Rinse your mouth with water. Spit out the water and **do not swallow**.



Remember to **rinse your mouth with water** after the 2 puffs to prevent fungal infection.

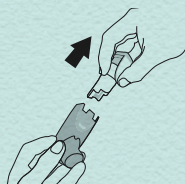


## Weekly rinse

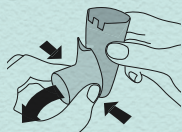
Rinse the **yellow actuator weekly** so that the medicine does not build up and block the spray through the mouthpiece. It's a good idea to mark this day in your calendar or add a reminder on your phone.

- Rinse the yellow actuator weekly.
- Do not allow the canister to get wet.
- Re-prime after rinsing.

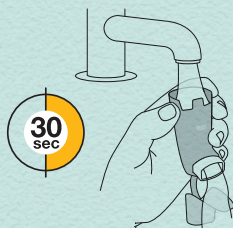
1. Remove the canister and set it aside.  
**Do not allow the canister to get wet.**



2. Remove the mouthpiece cover.



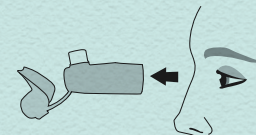
3. Run warm water through the mouthpiece for 30 seconds and then through the top of the actuator for 30 seconds. **Rinse for 60 seconds in total.**



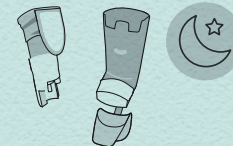
4. Shake off as much water as you can.  
**Do not dry with a towel or tissue.**



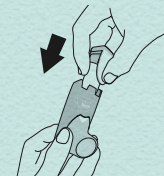
5. Look into the actuator and mouthpiece for medicine build-up. If there is any build-up, repeat Steps 3 through 5.



6. Air-dry, preferably overnight.  
**Do not** put the canister back into the actuator if it is still wet.

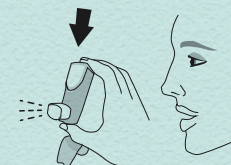


7. When dry, **replace the mouthpiece cover first** and then gently press the canister down into the actuator.



8. Re-prime the inhaler by spraying **2 test-puffs**, shaking before each test-puff.

**x2 total shakes and test-puffs**







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Ask for support; your healthcare team is happy to help you. Discuss your COPD treatment with them to help manage your condition and assist with proper use of your device.

For more information about your inhaler, please refer to the Instructions for Use and Patient Medication Information leaflets included in the product packaging or contact AstraZeneca Medical Information by calling **1-800-668-6000**.

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