

# Got asthma?


One puff, once-a-day,  
can help you breathe  
better for a full  
24 hours<sup>1</sup>

Fully  
funded

100/25mcg

**BREO** ELLIPTA  
fluticasone furoate / vilanterol





**How often do you find yourself:**



**Coughing?**



**Waking at night?**



**Wheezing or having difficulty breathing?**

**These are common asthma symptoms. But they don't need to be a part of your everyday life.<sup>1</sup>**

If you are regularly using an asthma puffer, but still experiencing these symptoms, it could be a sign your asthma is not well managed.<sup>1</sup>

**It's always a good time to talk to your doctor about your asthma treatment.**

**Questions to ask your doctor**



What are some of the signs that my asthma could be getting worse?

Am I using my puffer correctly?

How often should I be using my reliever puffer? (e.g. Ventolin)

How do I reduce my asthma triggers?

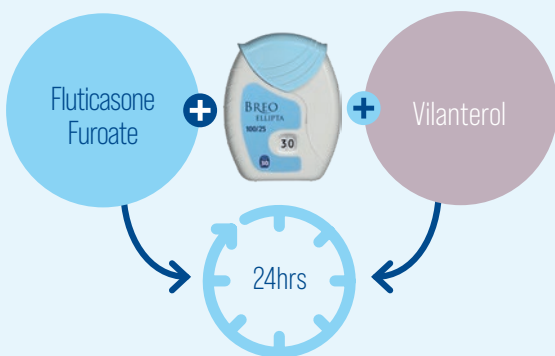
Would a once-daily puffer help my asthma?

# Breathe better with Breo Ellipta

**Breo is the once-daily asthma treatment that can help you breathe better for a full 24 hours.<sup>1</sup>**

Not only can Breo help you manage asthma symptoms, it can also prevent them from occurring in the first place and may lead to more symptom-free days.<sup>1</sup>

**Breo is a combination of 2 medicines that work together to help control your asthma:<sup>1</sup>**



Helps your breathing improve by reducing inflammation and swelling in your lungs

Opens the airways in your lungs by helping relax the muscles around them

**Ask your doctor if Breo is right for you**

## 6 things to know when you start taking Breo Ellipta

- 1 Take it at the same time every day,** you can choose when suits you best.<sup>1</sup>
- 2 It may taste or feel different from other inhalers.** You may not taste or feel the medicine in your mouth, even when you are using the puffer correctly.
- 3 Rinse your mouth with water after using Breo.<sup>1</sup>**
- 4 Regular daily usage is required** to manage your asthma symptoms. Keep taking it until your doctor tells you to stop.<sup>1</sup>
- 5 A reliever inhaler like Ventolin is still needed** if relief of sudden symptoms is required.<sup>1</sup>
- 6 Breo Ellipta 100/25mcg is fully funded.<sup>2</sup>**

**Just one puff. Once a day.** Fully funded 100/25mcg

Breo Ellipta is  
easy to use

Follow these three simple steps  
to inhale once and breathe more easily  
for 24 hours with Breo Ellipta:

1



### Open

Slide the cover to expose the mouthpiece until you hear a click. Hold the inhaler away from your mouth and breathe out fully.

2



### Inhale

Put mouthpiece firmly between lips and take one long steady breath in through your mouth. Hold this breath for as long as possible (at least 3-4 seconds). Breathe out slowly and gently from the inhaler.

3



### Close

Slide the cover up and over the mouthpiece as far as it will go.

# Frequently Asked Questions



## What time of the day should I take Breo Ellipta?

Because the ingredients in Breo Ellipta are effective for 24 hours, for it to work properly you only need to take it once a day, at the same time every day.



## What if I miss a dose?

Do not take a second dose to make up for a forgotten dose. If you do forget to take your daily dose of Breo Ellipta, take your next dose the following day at the usual time.



## Are there any side effects I should know about?

Like all medicines, Breo Ellipta can cause side effects, although not everyone gets them. Headache and common cold are the most common side effects. Visit [www.medsafe.govt.nz](http://www.medsafe.govt.nz) for a detailed list.



## Do I still take Breo Ellipta if I'm feeling better?

Yes. Breo Ellipta should be taken once a day, every day, and will only work for as long as you are using it. Only stop using Breo Ellipta if your doctor tells you to.



## Is Breo Ellipta used for COPD (Chronic Obstructive Pulmonary Disease)?

YES, once-daily Breo Ellipta can be used by people with COPD, as well as asthma. COPD and asthma are different respiratory conditions. Speak to your doctor for more information.<sup>1</sup>

### TIP

Check if your asthma is being managed well. Repeat the Asthma Control Test at different times of the year and discuss the results with your doctor. For more information talk to your doctor or visit: [Breoellipta.co.nz](http://Breoellipta.co.nz)

### Important safety information:

**Don't use BREO if you are allergic (hypersensitive) to any of the ingredients contained in BREO. Like all medicines BREO can cause side effects. The most common side effects are headache and common cold. If you think you are having an allergic reaction to BREO, stop using this medicine and tell your doctor immediately.**

# Is your asthma under control?

## Answer these simple questions

Take the Asthma Control Test™ – it only takes a couple of minutes. When you're finished you can discuss the results with your doctor so they can help you get better control of your asthma.

1 In the **past four weeks**, how often did your asthma prevent you from getting as much done at work, school or home?

SCORE

All of the time

1

Most of the time

2

Some of the time

3

A little of the time

4

Not at all

5

2 During the **past four weeks**, how often have you had shortness of breath?

More than once a day

1

Once a day

2

3 to 6 times a week

3

Once or twice a week

4

Not at all

5

3 During the **past four weeks**, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

4 or more times a week

1

2 to 3 nights a week

2

1 night a week

3

Less than 1 night a week

4

Not at all

5

4 During the **past four weeks**, how often have you used your reliever medication (such as your blue inhaler or rescue inhaler)?

3 or more times a day

1

1 or 2 times a day

2

2 or 3 times a week

3

Once a week or less

4

Not at all

5

5 How would you rate your asthma control during the **past four weeks**?

Not controlled

1

Poorly controlled

2

Somewhat controlled

3

Well controlled

4

Completely controlled

5

Add up each score to get your total. Your test result is an assessment of your level of asthma control.<sup>3-4</sup>

Your score

**Well done. Your asthma appears to be controlled.<sup>4</sup>** Even so, it can change over time so it's important to retest yourself regularly. Continue to talk to your healthcare professional about your asthma control.

SCORE:  
20-25

Your score

**Your asthma may be uncontrolled or only partly controlled.<sup>4</sup>** Talk to your healthcare professional about how you can improve it.

SCORE:  
19 or less



Scan the QR code or visit [asthmacontrol.co.nz](https://asthmacontrol.co.nz) to take the test online

## References:

1. Breo Ellipta Consumer Medical Information, GSK New Zealand, available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Accessed 28/02/23
2. PHARMAC Pharmaceutical Schedule March 2022, available at [www.pharmac.govt.nz/tools-resources/pharmaceutical-schedule](http://www.pharmac.govt.nz/tools-resources/pharmaceutical-schedule). Accessed 28/02/2023
3. Nathan RA et al. *J Allergy Clin Immunol*. 2004;113:59-65.
4. Thomas M et al. *Prim Care Resp J*. 2009;18(1):41-49.

**Breo Ellipta** (fluticasone furoate/vilanterol trifenatate inhaler 100/25mcg per inhalation) is a **Prescription Medicine**. *Breo Ellipta* is used for the regular treatment of asthma (12 years of age and older) and for adults with Chronic Obstructive Pulmonary Disease (COPD). ***Breo Ellipta* 100/25mcg is a fully funded medicine; *Breo Ellipta* 200/25mcg is a private purchase medicine (dose indicated in asthma only). Use strictly as directed. *Breo Ellipta* is not for relief of acute symptoms; a separate reliever inhaler may be required. Always carry your reliever inhaler. Do not discontinue *Breo Ellipta* abruptly. This medicine has risks and benefits. Tell your doctor:** If you are taking any other medicines or herbal remedies, you have liver disease, heart problems, high blood pressure, pulmonary tuberculosis (TB), infection of the lungs (pneumonia) or weak bones (osteoporosis). **Side Effects:** Headache, common cold, oral thrush, infection of the nose sinuses or throat, flu (influenza), pain and irritation at the back of the mouth and throat, inflammation of the sinuses, pneumonia (in patients with COPD) and weakening of the bones, leading to fractures. **If symptoms continue or you have side effects, see your doctor, pharmacist or health care professional.** For more information see *Breo Ellipta* Consumer Medicine Information at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Normal doctor's charges apply. Ask your doctor if *Breo Ellipta* is right for you.

**Ventolin** (salbutamol) is available as an alcohol-free and CFC-free inhaler, 100mcg per actuation. **Ventolin is a partially funded Prescription Medicine. You will need to pay a part charge for this medicine, which may vary across pharmacies.** *Ventolin* is a bronchodilator that works by opening up the airway tubes in your lungs when your chest is tight or when you are wheezing. **Use strictly as directed. Do not use *Ventolin* if you if you ever had an allergic reaction to any of the ingredients in the preparation. *Ventolin* has risks and benefits. Tell your doctor:** If you have a thyroid condition, high blood pressure, cardiovascular disease, diabetes, or if you are allergic to any medicine or food. **Side Effects:** Headache, nausea, shaky or tense feeling, fast or irregular heartbeat, 'warm' feeling. **If symptoms continue or you have side effects, see your doctor, pharmacist or health care professional.** For more information see *Ventolin* Consumer Medicine Information at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Normal doctor's charges apply. **Ask your doctor** if *Ventolin* is right for you.

The Asthma Control Test is a modified US version for use in NZ. This does not replace a full assessment from your Doctor. Asthma Control Test is a trade mark of QualityMetric Incorporated. Asthma Control Test is distributed by GlaxoSmithKline NZ Limited, Auckland. Trademarks are property of their respective owners. ©2023 GSK group companies or its licensor. Breo Ellipta was developed in collaboration with Innoviva Inc. Marketed by GlaxoSmithKline NZ Limited, Auckland. **Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500.** Date of Approval: 04 2023 This material expires: 04 2025

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