



*Direttorat tat-Tabib Ewlieni tal-Gvern*

*Office of the Chief Medical Officer*

**DH CIRCULAR No. 601/2015**  
DH 3736/2015

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**Attention All:** Consultants  
Medical Officers  
Pharmacists  
Pharmacy Technicians  
Nurses

**Re: Change in Budesonide 100 micrograms/dose Dry Powder Inhaler**

Please be informed that the new stock of Budesonide 100 micrograms/dose dry powder inhaler is Easyhaler<sup>®</sup> Budesonide.

The instructions for use how to operate the Easyhaler<sup>®</sup> Budesonide device are annexed to this circular.

For your attention please.

Dr. Denis Vella Baldacchino  
Chief Medical Officer

## INSTRUCTIONS FOR USING YOUR EASYHALER

Easyhaler Budesonide is easy to use. Read through these instructions first: they tell you what you should do and what to look out for.

### UNPACKING THE EASYHALER

The Easyhaler (Figure 1) comes in a laminate pouch to keep the powder dry. **Do not open the pouch until you are ready to start using your Easyhaler.**

A protective cover is optional. **If you do not use the protective cover**, move on to section “Taking a dose from Easyhaler Budesonide” (See Figures b).

Open the protective cover and insert the Easyhaler into it (Figure 2). Make sure the dust cap covers the mouthpiece of the Easyhaler (this stops the Easyhaler going off by accident).

If you are not using the Easyhaler immediately, close the protective cover.

### TAKING A DOSE FROM EASYHALER BUDESONIDE

If you are also using a “reliever” inhaler, use it first.

Open the protective cover, if you are using it.

**Remove the dust cap.**

#### A. Shake

Shake the Easyhaler vigorously up and down three to five times (Figure 3a or 3b), to allow proper powder flow and a correct dose. After shaking, hold the Easyhaler in the **upright** position.

#### B. Click

Press the Easyhaler **once** between your finger and thumb until you hear a click (Figure 4a or 4b), and let it click back again, to deliver powder into the inhalation channel inside the mouthpiece. Keep holding the Easyhaler in the upright position.

If you think that you have clicked the Easyhaler more than once, see section NOTE! (Figure 6a or 6b).

Figure 1.

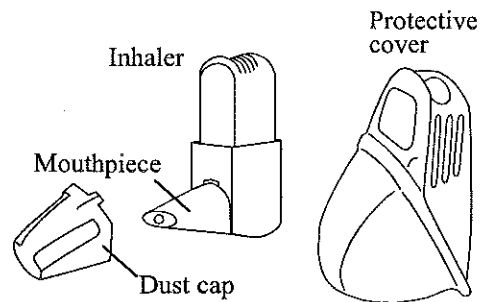


Figure 2.

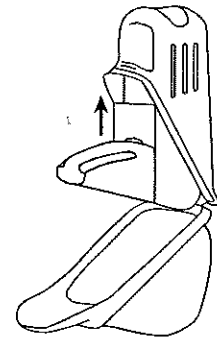


Figure 3a.

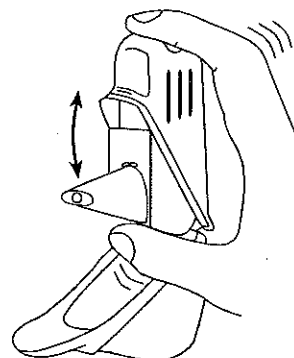


Figure 3b.

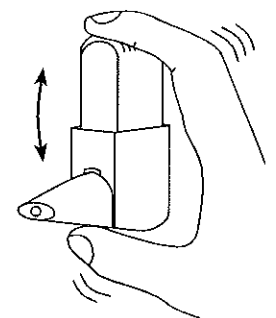


Figure 4a.

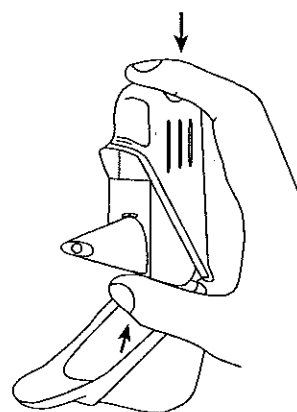
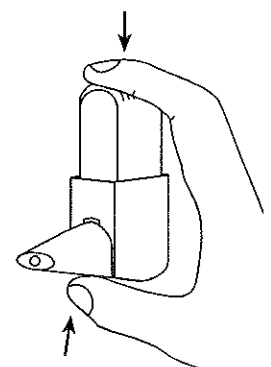


Figure 4b.



### C. Inhale

In the sitting or standing position

- Breathe out normally (but NOT into the Easyhaler).
- Place the mouthpiece in your mouth between your teeth and seal your lips tightly around it.
- Take a strong and deep breath through the Easyhaler (Figure 5a or 5b).
- Remove the Easyhaler from your mouth.
- Hold your breath for at least 5 seconds, then breathe normally.

Make sure that you do not breathe out into the Easyhaler, because it could clog up the Easyhaler. If this happens, see section NOTE! (Figures 6a or 6b).

If you have been prescribed more than one dose, repeat points A, B and C.

**Put the dust cap back on the mouthpiece.**  
Close the protective cover, if you are using it.

### Rinse

Rinse your mouth and throat and spit out the water. This reduces the risk of fungal infection (thrush).

### NOTE

If you click the Easyhaler by accident, or if you have clicked it more than once, or if you breathe out into it, tap the mouthpiece to empty the powder onto a table top or the palm of your hand (Figure 6a or 6b). This ensures proper dosing. Then start again with steps A, B and C.

### CLEANING

Clean the mouthpiece at least once a week with a clean dry cloth or tissue. Do not use water or other liquids, the powder is sensitive to moisture. If you use the protective cover, you can take the Easyhaler out of it to wipe it. When putting it back into its protective cover, put the dust cap on the mouthpiece to stop it going off accidentally.

### GETTING A NEW EASYHALER

The Easyhaler has a dose counter which shows how many doses are left (Figure 7a or 7b). The counter turns after every fifth actuation (dose). When the numbers turn red, there are 20 doses left. If you do not already have a new Easyhaler, contact your doctor for a new prescription. When the counter reaches 0, you need to replace the Easyhaler even though you can still observe the powder in the clear window on the back of the Easyhaler (Figure 8).

Keep the protective cover for the next Easyhaler.

Figure 5a.

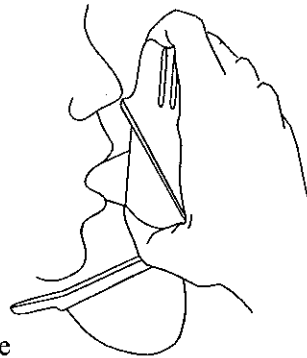


Figure 5b.



Figure 6a.

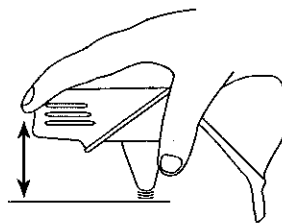


Figure 6b.

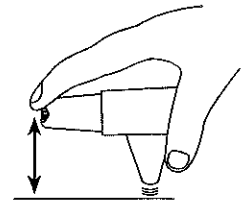


Figure 7a.

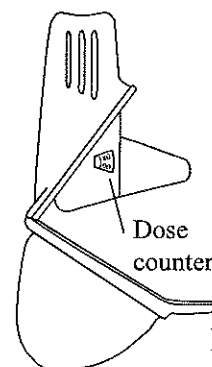


Figure 7b.

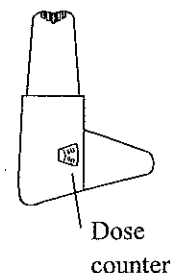


Figure 8.

