

# Breztri Aerosphere for COPD

Say ('BREZ-tri-AIR-oh-sfear')

## Breztri Aerosphere

is an inhaler used to treat chronic obstructive pulmonary disease (COPD).

COPD affects your lungs and airways, making it harder to breathe. The most common types of COPD are emphysema and chronic bronchitis.



### Breztri Aerosphere is a 3 in 1 inhaler

Breztri Aerosphere has 3 medicines in it, so you'll need fewer inhalers. The medicines are:

- Budesonide (say 'bew-dess-oh-nide')
- Glycopyrronium (say 'GLY-ko-PIR-oh-nee-um')
- Formoterol (say 'for-mot-er-ol')



### These long-acting medicines work together to:

- ✓ reduce swelling in your airways
- ✓ keep your airways open
- ✓ make breathing easier
- ✓ help prevent flare-ups (sudden worsening of your symptoms).

You won't need to use any other 'preventer' inhaler for your COPD.

### Breztri Aerosphere is not a 'reliever'

It doesn't relieve sudden wheezing, tight chest or shortness of breath. If this happens, use your 'reliever' inhaler, such as salbutamol or terbutaline.



### How to use your inhaler

- Take **2 puffs in the morning** and **2 puffs in the evening**.
- Shake well before each puff.
- Rinse your mouth with water after each use.
- Keep using your Breztri Aerosphere inhaler every day, even if you feel well.





## Prime your inhaler

To prime it:

- Shake well before each spray
- **New inhaler:** spray 4 puffs in the air
- **After cleaning:** spray 2 puffs in the air



## Breztri Aerosphere can be used with a spacer

A spacer is a plastic tube that fits between your inhaler and your mouth.

- It can make your inhaler easier to use.
- More medicine can reach your lungs. This means less stays in your mouth or throat.
- This reduces side effects like hoarseness (voice changes), or thrush.



### Not sure if you're using it right?

Scan the QR code to watch a short video on how to use your inhaler.



## Clean your inhaler ONCE a week

It can get blocked if medicine builds up.

- Remove the top and bottom grey parts. Don't let them get wet.
- Run warm water through the yellow part – 30 seconds from each end.
- Shake off any water.
- Let it air dry before putting it back together.



## Check how many puffs are left in your inhaler:

- Yellow zone – time to get a new inhaler
- Red zone – throw it away when it reaches 0.



## Use within 3 months of opening

Once the package is opened, the inhaler should be used within 3 months. When you open it, write down the date. After 3 months, throw the inhaler away, even if it still has medicine left.

**For more information about the Breztri Aerosphere, visit [www.healthify.nz/breztri](http://www.healthify.nz/breztri)**