

About your Stalpex[®] medication



Your doctor has prescribed Stalpex for you. Stalpex is a medicine that can be prescribed for people with asthma or chronic obstructive pulmonary disease (COPD).¹

Stalpex contains two medicines in one inhaler: salmeterol xinafoate and fluticasone propionate. Its effect on the lungs lasts for at least 12 hours.¹



Taken every day as directed by a doctor, Stalpex helps prevent breathlessness and wheezing from coming on.¹



Stalpex comes in an inhaler, which contains 60 pre-dispensed doses of the medicine, equivalent to 60 inhalations.¹

Important things to remember about using Stalpex

- Make sure you use the inhaler correctly so you are getting the right treatment dose
- Take Stalpex every day as prescribed, even if you're feeling well and have no symptoms
- Do not stop treatment, unless under medical advice
- Stalpex should not be used to relieve a sudden attack of breathlessness or wheezing. If this happens you need to use a fast-acting 'reliever' ('rescue') inhaler, such as salbutamol

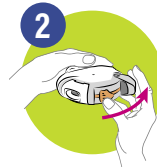
You will also find instructions on using your inhaler in the Patient Information Leaflet (PIL) that comes with every pack. Please read the PIL carefully and ask your doctor, nurse or pharmacist if you have any questions.

Using your inhaler – a step by step guide

Your Stalpex inhaler holds blisters containing a powder. There is a counter at the top that tells you how many doses are left. It counts down to 0. The numbers 5 to 0 appear with a black dot to warn you that there are only a few doses left. Once the counter shows 0, your inhaler is empty.



1 To open your Stalpex inhaler, hold the outer case in one hand and put the thumb of your other hand on the thumb grip. Push your thumb away from you as far as it will go. You will hear a click. This will open a small hole in the mouthpiece.



2 Hold your Stalpex inhaler with the mouthpiece towards you. You can hold it in either your right or left hand. Slide the lever away from you as far as it will go. You will hear a click. This places a dose of your medicine in the mouthpiece.

Every time the lever is pulled back a blister is opened inside and the powder made ready for you to inhale. **Do not play with the lever as this opens the blisters and wastes medicine.**



3 Hold your Stalpex inhaler away from your mouth, breathe out as far as is comfortable. Do not breathe into your Stalpex inhaler.



4 Put the mouthpiece to your lips; breathe in steadily and deeply through your Stalpex inhaler, not through your nose.

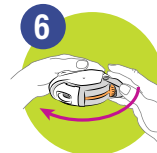
Remove your Stalpex inhaler from your mouth.

Hold your breath for about 10 seconds or for as long as is comfortable.

Breathe out slowly.



5 Afterwards, rinse your mouth with water and spit it out, and/or brush your teeth. This may help to stop you getting thrush and becoming hoarse.



6 To close the Stalpex inhaler, slide the thumb grip back towards you, as far as it will go. You will hear a click. The lever will return to its original position and is reset. Your Stalpex inhaler is now ready for you to use again.

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Find more information at
www.stalpex.co.uk/patient

Reporting of side effects

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

Reference: 1. Stalpex Patient Information Leaflet.

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