

Instructions for using your **ZENHALE**[®] inhaler.



Components of your ZENHALE[®] inhaler

There are three main parts to your ZENHALE[®] inhaler:

- 1 The metal canister – holds the medicine
- 2 The blue plastic actuator – sprays the medicine from the canister. **You should not remove the canister from the actuator.**
- 3 The green cap – covers the mouthpiece of the actuator

Each ZENHALE[®] inhaler contains 60 or 120 puffs and comes with a dose counter located on the actuator. This counter displays the number of puffs of medication that are remaining. Each time the canister is pressed (either when preparing your ZENHALE[®] for use or taking the medicine), a puff is released and the counter will count down by one.



It is important to always take ZENHALE[®] exactly as your doctor has prescribed.

DO NOT suddenly stop taking ZENHALE[®] even if you do not have symptoms and your asthma appears to be better. Always speak with your doctor first.

This guide will show you how to use your **ZENHALE[®] inhaler.**

Preparing your ZENHALE® inhaler

The first time you use your ZENHALE® inhaler, you will need to prime the inhaler by removing the cap from the mouthpiece, holding it in the upright position, and releasing four actuations (puffs) into the air, away from your face. Shake the inhaler well before each of the priming actuations.

After you have released the 4 puffs, the dose counter should read 60 and 120.

If you have not used your ZENHALE® inhaler for more than 5 days, it is important to prime it again.

Cleaning and storing your ZENHALE® inhaler

The mouthpiece should be cleaned using a dry wipe after 7 days of use. To routinely clean your ZENHALE® inhaler:

- Remove the cap off the mouthpiece and wipe the inside and outside with a clean, dry, lint-free tissue or cloth and put the cap back on the mouthpiece
 - **NEVER put any parts of your inhaler in water, even to wash it**
- Do not remove the canister from the actuator
- Do not try and unblock the inhaler with any sharp objects (e.g. pins)

The 120-actuation inhaler can be stored in any position.

For the 60-actuation inhalers, after priming, store the inhaler with the mouthpiece down or sideways.

Always keep your ZENHALE® inhaler out of the reach and sight of children, and store at room temperature between 15-30°C and away from any sources of heat.

Do not use your ZENHALE® inhaler after the expiry date listed, or if you notice the package is damaged or shows signs of tampering.

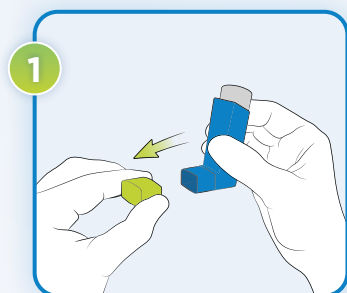
When should you replace your ZENHALE® inhaler?

You should refill your prescription when your dose counter reads **20**.

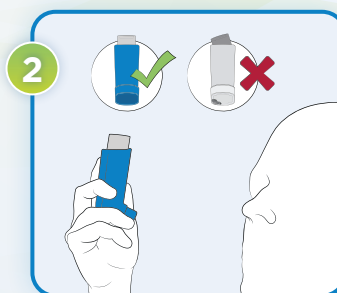
Once your ZENHALE® inhaler reaches **0** on the dose counter, it is important to throw it away. Ask your pharmacist how to properly dispose of your empty inhaler. It may feel as though there is medication remaining and your inhaler may still work, but you will not get the correct amount of medicine if you keep using it.

Instructions for using your ZENHALE[®] inhaler

Always be in an upright position when using ZENHALE[®].



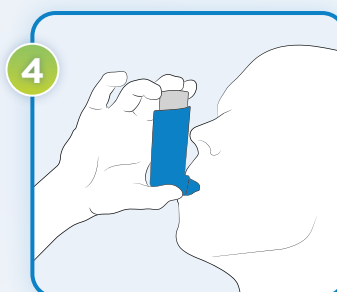
Remove the cap from the mouthpiece of the actuator.



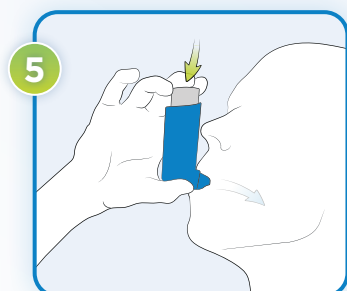
Check the mouthpiece for foreign objects and make sure the canister is fully inserted into the actuator.



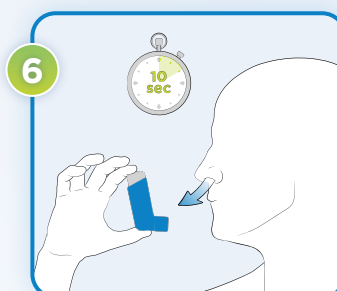
Hold the aerosol upright between your thumb and forefinger and **shake the inhaler**.



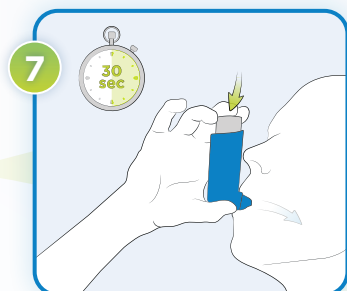
Breathe out fully through your mouth as far as is comfortable, expelling as much air from your lungs as possible. Hold the inhaler in the upright position and place the mouthpiece into your mouth. Close your lips around the mouthpiece.



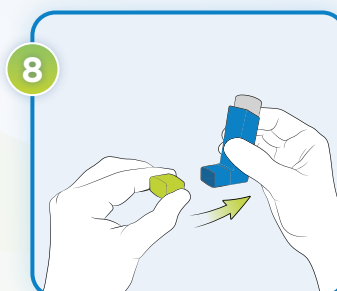
While breathing in deeply and slowly through your mouth, press down firmly and fully on the canister top until it stops moving in the actuator. Take your finger off the canister.



When you have finished breathing in, hold your breath for up to 10 seconds, or for as long as is comfortable. Then remove the inhaler from your mouth and breathe out through your nose while keeping your lips closed.



For administration of the second puff, wait about **30 seconds**, **shake the inhaler well again and repeat** steps 4 through 6.



Firmly replace the cap immediately after use. Do not use excessive force.



After completing both inhalations, rinse your mouth thoroughly with water and spit out the contents. Do not swallow the water after rinsing.

 **Zenhale[®]**
(mometasone furoate/
formoterol fumarate dihydrate
inhalation aerosol)

Know your blue

The difference between some reliever medications and your controller medication, ZENHALE®.

ZENHALE® is a combination medication, combining two controller medications into one inhaler. ZENHALE® contains both an inhaled long-acting bronchodilator (LABA) (formoterol) and an inhaled corticosteroid (ICS) (mometasone). The bronchodilator works by helping the airways in the lungs to stay open, and the inhaled steroid reduces swelling and irritation in the walls of the small air passages of the lungs.

Combination Medication
Inhaled Corticosteroid
+ Long-acting Bronchodilator



Examples of Reliever Medications:

Look at the features on your reliever medication that may help you distinguish it from your ZENHALE® inhaler.



ZENHALE® is available in a blue coloured inhaler, but is not the same medication as a reliever, so it is important that you can distinguish between the two. Some product features, like the green cap on the ZENHALE® inhaler, may help you to distinguish it from your reliever medication. **You should not use ZENHALE® to treat sudden asthma symptoms. As prescribed by your doctor, you should always carry your reliever medication with you.**

As you know, reliever medications are used to quickly alleviate asthma symptoms by relaxing bands of muscles that surround your airways. You may have heard them called rescuers or rescue medications. In Canada, rescue medication may present in a blue-coloured inhaler.

The usual dose of ZENHALE® is 2 puffs in the morning and 2 puffs in the evening. It is important that you use ZENHALE® every day, even if you have no asthma symptoms at the time. If you miss a dose of ZENHALE®, take it as soon as you remember. However, if it is nearly time for your next dose, skip the missed dose. Do not double the dose to make up for the forgotten dose. Do not suddenly stop taking this medicine even if your asthma seems to be better. If you use more ZENHALE® than you should, contact your doctor or pharmacist. The most common symptoms that may occur if you use more ZENHALE® than you should are nausea, vomiting, headache, trembling, drowsiness, low potassium levels, high sugar levels, high blood pressure or a rapid or irregular heart beat. In case of drug overdose, contact a healthcare practitioner, hospital emergency department or regional poison control centre, even if there are no symptoms.

 **Zenhale®**
(mometasone furoate/
formoterol fumarate dihydrate
inhalation aerosol)

Warnings and Precautions

Like all medicines, ZENHALE® can cause side effects, although not everybody gets them. Side effects may include nausea, headache, hoarseness, tremor, shakiness, nervousness, dizziness, disturbed sleep, muscle cramps, sore throat, rounded face, loss of bone density, fainting, and dry mouth.

When LABA medicines are used alone without an ICS, they increase the risk of hospitalization and death from asthma problems. ZENHALE® contains both an ICS and LABA. Studies showed that when an ICS and LABA are used together, there is not a significant increased risk in hospitalizations and death from asthma problems.

References:

1. ZENHALE® Product Monograph. Merck Canada Inc., May 26, 2020.
2. The Asthma Society of Canada. [Accessed May 2019]

*All other trademarks are the property of their respective owners.

This material is intended to be used by patients who have been prescribed ZENHALE®.

For more information about ZENHALE® and on how to use the ZENHALE® inhaler, please consult the Consumer Information Leaflet included in your ZENHALE® box and your healthcare professional.

