

## For patients who have been prescribed Combisal

The doctor has prescribed this medicine to help treat your asthma.

Please ensure you have read and fully understood the information on the leaflet contained within the Combisal® packaging and if you have any questions please speak to your doctor, nurse or pharmacist.

### FAQs

#### What is Combisal®?

Combisal® is a pressurised metered dose inhaler (pMDI) for the regular treatment of asthma where use of a combination product is appropriate. It contains two active substances: salmeterol, a long-acting bronchodilator and fluticasone, a corticosteroid.

#### Why have I been prescribed Combisal®?

If you have not had this combination in an inhaler before, your clinician has decided to

add a long-acting bronchodilator to your inhaled steroid asthma treatment.

If you have previously been taking a salmeterol/fluticasone inhaler, the practice has been reviewing their prescribing choices to ensure patients receive the correct treatment that is cost-effective to the NHS. The strength and dose of salmeterol/ fluticasone in Combisal® is the same as in your previous inhaler, so you should not notice any difference in effect.

#### Does Combisal® contain alcohol?

No, Combisal® does not contain alcohol.

#### Can I use a spacer with the Combisal® inhaler?

If you find it difficult to use the inhaler, your doctor may recommend using an AeroChamber Plus® spacer device with your inhaler.

#### How many puffs does the Combisal® inhaler contain?

The inhaler has been designed to deliver 120 actuations (puffs).

### How to use Combisal®

Use your Combisal® every day, until your doctor advises you to stop. Do not take more than the recommended dose.

Good inhaler technique not only helps you to get the most from your treatment, it can also reduce your risk of experiencing side effects. Here are a few tips to keep in mind but ask your doctor, nurse or pharmacist to check your technique if you have any questions.



#### 1. Shake the inhaler before use

This ensures the medicine and propellant mix together properly so that you get the correct amount of each.

#### 2. Remove the mouthpiece cover and check your inhaler

Make sure the mouthpiece is clean and check for anything loose. It's important to follow the instructions included in the box for advice on cleaning and storing your inhaler.

#### 3. Breathe out first

Breathing out as far as is comfortable will help you to breathe in deeper and for longer when you inhale your medicine, helping it reach even the smallest airways in your lungs.

#### 4. Breathe in slowly and deeply - press down the canister just after you start your breath in

It takes less than half a second for the medicine to be released. Timing your breath is important to ensure all the medicine is inhaled into your lungs and not left in your mouth or at the back of your throat.

#### 5. Hold your breath for as long as is comfortable (5 to 10 seconds) after inhalation

Keeping your airways still after inhalation allows the medicine to be properly absorbed into your lungs.

#### 6. Leave 30-60 seconds between puffs and rinse your mouth with water after using your inhaler

#### 7. Always replace the mouthpiece cover straight away to keep dust out

# What to expect from your Combisal® treatment

**Combisal**  
Salmeterol/Fluticasone

You have been prescribed Combisal to help treat your Asthma. The inhalers come in three different strengths and your doctor may switch between strengths in order to control your asthma in the best way possible.



## Reporting side effects

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

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