

FOSTER[®]
200/6 micrograms per actuation
pressurised inhalation solution
beclomethasone dipropionate / formoterol fumarate dihydrate
 For use in adults.

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk with your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Foster is and what it is used for
2. What you need to know before you use Foster
3. How to use Foster
4. Possible side effects
5. How to store Foster
6. Contents of the pack and other information

1. What Foster is and what it is used for

Foster is a pressurised inhalation solution containing two active substances which are inhaled through your mouth and delivered directly into your lungs.

The two active substances are:

Beclomethasone dipropionate, which belongs to a group of medicines called corticosteroids that have an anti-inflammatory action reducing the swelling and irritation in your lungs.
 Formoterol fumarate dihydrate, which belongs to a group of medicines called long-acting bronchodilators that relax the muscles in your airways and helps you to breathe more easily.
 These two active substances make breathing easier. They also help to prevent asthma symptoms such as shortness of breath, wheezing and coughing.

Foster is used to treat asthma in adults.

If you are prescribed Foster it is likely that either:

- your asthma is not adequately controlled by using inhaled corticosteroids and "as needed" short-acting bronchodilators or
- your asthma responds well to both corticosteroids and long-acting bronchodilators

2. What you need to know before you use Foster

Do not use Foster:

- if you are allergic to beclomethasone dipropionate or formoterol fumarate dihydrate or any of the other ingredients of this medicine (listed in section 6).

Warnings and precautions

Talk to your doctor, pharmacist or nurse before using Foster if you have any of the following:

- heart problems, such as angina (heart pain, pain in the chest), heart failure, narrowing of the arteries, valvular heart disease or any other known abnormalities of your heart
- high blood pressure or if you know that you have an aneurysm (an abnormal bulging of the blood vessel wall)
- disorders of your heart rhythm such as increased or irregular heart rate, a fast pulse rate or palpitations, or if you have been told that your heart trace is abnormal
- an overactive thyroid gland
- low blood levels of potassium
- any disease of your liver or kidneys
- diabetes (if you inhale high doses of formoterol your blood glucose may increase. When you start using this medicine and from time to time during treatment you may need to have some additional blood tests to check your blood sugar)
- tumour of the adrenal gland (known as a pheochromocytoma)
- are due to have an anaesthetic. Depending on the type of anaesthetic, it may be necessary to stop taking Foster for at least 12 hours before the anaesthesia
- you are being, or have ever been, treated for tuberculosis (TB) or if you have a known viral or fungal infection of your chest
- you must avoid alcohol for any reason

If any of the above applies to you, always inform your doctor before you use Foster.

If you have or had any medical problems or allergies or if you are not sure whether you can use Foster talk to your doctor, asthma nurse or pharmacist before using this medicine.

Your doctor may wish to measure the potassium levels in your blood from time to time especially if your asthma is severe. Like many bronchodilators Foster can cause a sharp fall in your serum potassium level (hypokalaemia). This is because a lack of oxygen in the blood combined with some other treatments you may be taking together with Foster can make the fall in potassium level worse.

If you take higher doses of inhaled corticosteroids over long periods, you may have more of a need for corticosteroids in situations of stress. Stressful situations might include being taken to hospital after an accident, having a serious injury or before an operation. In this case, the doctor treating you will decide whether you may need to increase your dose of corticosteroids and may prescribe some steroid tablets or a steroid injection.

Should you need to go to the hospital, remember to take all of your medicines and inhalers with you, including Foster and any medicines or tablets bought without a prescription, in their original packaging, if possible.

Children and adolescents

Foster should not be used in children and adolescent less than 18 years old, until further data become available.

Other medicines and Foster:

Tell your doctor, pharmacist or nurse if you are taking, have recently taken any other medicines, including medicines obtained without a prescription.

Some medicines may increase the effects of Foster and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

Do not use beta blockers with this medicine. If you need to use beta blockers (such as medicines used to treat high blood pressure or glaucoma, including eye-drops), the effect of formoterol may be reduced or it may not work at all.

Using Foster together with:

- medicines for treating abnormal heart rhythms (quinidine, disopyramide, procainamide), medicines used to treat allergic reactions (antihistamines), medicines for treating symptoms of depression or mental disorders such as monoamine oxidase inhibitors (for example phenelzine and isocarboxazid), tricyclic antidepressants (for example amitriptyline and imipramine), phenothiazines - can cause some changes in the electrocardiogram (ECG, heart trace). They may also increase the risk of disturbances of heart rhythm (ventricular arrhythmias)
- beta adrenergic medicines (medicines which work in the same way as formoterol) - may increase the effects of formoterol
- medicines for treating Parkinson's Disease (L-dopa), to treat an underactive thyroid gland (L-thyroxine), medicines containing oxytocin (which causes uterine contraction) and alcohol - can lower your heart's tolerance to beta-2 agonists, such as formoterol
- monoamine oxidase inhibitors (MAOIs), including medicines with similar properties like furazolidone and procarbazine, used to treat mental disorders - can cause a rise in blood pressure
- medicines for treating heart disease (digoxin) - can cause a fall in your blood potassium level. This may increase the likelihood of abnormal heart rhythms
- other medicines used to treat asthma (theophylline, aminophylline or steroids) and diuretics (water tablets) - may cause a fall in your potassium level
- some anaesthetics - can increase the risk of abnormal heart rhythms

Pregnancy, breast-feeding and fertility

There are no clinical data on the use of Foster during pregnancy.

Foster should not be used if you are pregnant, think that you might be pregnant or are planning to become pregnant, or if you are breast-feeding, unless you are advised to do so by your doctor.

Driving and using machines

Foster is unlikely to affect your ability to drive and use machines.

Foster contains alcohol

Foster contains a small amount of alcohol (ethanol). Every actuation (puff) from your inhaler contains 9 mg of ethanol.

3. How to use Foster

Foster is for inhalation use.

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Asthma

Your doctor will give you a regular check-up to make sure you are taking the optimal dose of Foster. Your doctor will adjust your treatment to the lowest dose that best controls your symptoms.

Dosage:

Adults and the elderly:

The recommended dose is two actuations twice daily.

The maximum daily dose is 4 actuations.

Remember: You should always have your quick-acting "reliever" inhaler with you at all times to treat worsening symptoms of asthma or a sudden asthma attack.

At-risk patients:

There is no need for dose adjustment if you are older. No information is available regarding the use of Foster in people with liver or kidney problems.

Use in children and adolescents less than 18 years of age:

Children and adolescents aged less than 18 years must NOT take this medicine.

Foster is effective for the treatment of asthma in a dose of beclomethasone dipropionate which may be lower than that of some other inhalers containing this substance. If you have been using a different inhaler containing beclomethasone dipropionate previously, your doctor will advise you on the exact dose of Foster you should take for your asthma.

Do not increase the dose

If you feel that the medicine is not very effective, always talk to your doctor before increasing the dose.

If your asthma gets worse:

If your symptoms get worse or are difficult to control (e.g. if you are using a separate "reliever" inhaler more frequently) or if your "reliever" inhaler does not improve your symptoms, see your doctor immediately. Your asthma may be getting worse and your doctor may need to change your dose of Foster or prescribe alternative treatment.

Method of administration:

Foster is for inhalation use

This medicine is contained in a pressurised canister in a plastic casing with a mouthpiece. There is a counter on the back of the inhaler, which tells you how many doses are left. Each time you press the canister, a puff of medicine is released and the counter will count down by one. Take care not to drop the inhaler as this may cause the counter to count down.

Testing your inhaler

Before using the inhaler for the first time or if you have not used the inhaler for 14 days or more, you should test your inhaler to make sure that it is working properly.

- Remove the protective cap from the mouthpiece
- Hold your inhaler upright with the mouthpiece at the bottom
- Direct the mouthpiece away from yourself and firmly depress the canister to release one puff
- Check the dose counter. If you are testing your inhaler for the first time, the counter should read 120.

4. How to use your inhaler

Whenever possible, stand or sit in an upright position when inhaling.

1. Remove the protective cap from the mouthpiece and check that the mouthpiece is clean and free from dust and dirt or any other foreign objects.
2. Breathe out as slowly and deeply as possible.
3. Hold the canister vertically with its body upwards and put your lips around the mouthpiece. Do not bite the mouthpiece.
4. Breathe in slowly and deeply through your mouth and, just after starting to breathe in press down firmly on the top of the inhaler to release one actuation.
5. Hold your breath for as long as possible and finally, remove the inhaler from your mouth and breathe out slowly. Do not breathe into the inhaler.

To take another actuation, keep the inhaler in the vertical position for about half a minute, then repeat steps 2 to 5.

Important: Do not perform steps 2 to 5 too quickly.

After use, close with the protective cap and check the dose counter.

You should get a replacement when the counter shows the number 20. Stop using the inhaler when the counter shows 0 as any puffs left in the device may not be enough to give you a full dose.

If you see "mist" coming from the top of the inhaler or the sides of your mouth, this means that Foster will not be getting into your lungs as it should. Take another puff, following the instruction starting again from step 2.

If you have weak hands, it may be easier to hold the inhaler with both hands: hold the upper part of the inhaler with both index fingers and its lower part with both thumbs.

To lower the risk of a fungal infection in the mouth and throat, rinse your mouth, gargle with water or brush your teeth each time you use your inhaler.

If you think the effect of Foster is too much or not enough, tell your doctor or pharmacist.

If you find it difficult to operate the inhaler while starting to breathe in you may use the AeroChamber Plus spacer device. Ask your doctor, pharmacist or a nurse about this device.

It is important that you read the package leaflet which is supplied with your AeroChamber Plus spacer device and that you follow the instructions on how to use and how to clean it, carefully.

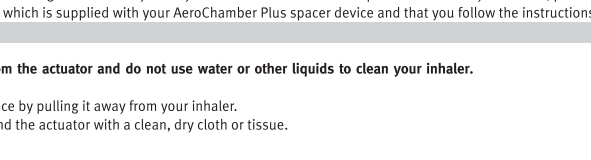
5. Cleaning

You should clean your inhaler once a week.

When cleaning, do not remove the canister from the actuator and do not use water or other liquids to clean your inhaler.

To clean your inhaler:

1. Remove the protective cap from the mouthpiece by pulling it away from your inhaler.
2. Wipe inside and outside of the mouthpiece and the actuator with a clean, dry cloth or tissue.
3. Replace the mouthpiece cover



If you use more Foster than you should:

- taking more formoterol than you should can have the following effects: feeling sick, being sick, heart racing, palpitations, disturbances of heart rhythm, certain changes in the electrocardiogram (heart trace), headache, trembling, feeling sleepy, too much acid in the blood, low blood potassium levels, high levels of glucose in the blood. Your doctor may wish to carry out some blood tests to check your blood potassium and blood glucose levels
- taking too much beclomethasone dipropionate can lead to short-term problems with your adrenal glands. This will get better within a few days however your doctor may need to check your serum cortisol levels

Tell your doctor if you have any of these symptoms.

If you forget to use Foster:

Take it as soon as you remember. If it is almost time for your next dose, do not take the dose you have missed, just take the next dose at the correct time. Do not take a double dose to make up for a forgotten dose.

If you stop using Foster:

Even if you are feeling better, do not stop taking Foster or lower the dose. If you want to do this, talk to your doctor. It is very important for you to use Foster regularly even though you may have no symptoms.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

6. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

As with other inhaler treatments there is a risk of worsening shortness of breath and wheezing immediately after using Foster and this is known as paradoxical bronchospasm. If this occurs, you should STOP using Foster immediately and use your quick-acting "reliever" inhaler straightaway to treat the symptoms of shortness of breath and wheezing. You should contact your doctor immediately.

Tell your doctor immediately if you experience any hypersensitivity reactions like skin allergies, skin itching, skin rash, reddening of the skin, swelling of the skin or mucous membranes especially of the eyes, face, lips and throat.

Other possible side effects are listed below according to their frequency.

Common (may affect up to 1 in 10 people):

- fungal infections (of the mouth and throat), headache, hoarseness, sore throat

Uncommon (may affect up to 1 in 100 people):

- palpitations, unusually fast heart beat and heart rhythm disorders, some changes in the electrocardiogram (ECG), increase in blood pressure, flu like symptoms, sinus inflammation, rhinitis, inflammation of the ear, throat irritation, cough and productive cough, asthma attack, fungal infections of the vagina, nausea, abnormal or impaired sense of taste, burning of the lips, dry mouth, swallowing difficulties, indigestion, upset stomach, diarrhoea, pain in muscle and muscle cramps, reddening of the face and throat, increased blood flow to some tissues in the body, excessive sweating, trembling, restlessness, dizziness, nettle rash or hives, alterations of some constituents of the blood, fall in the number of white blood cells, increase in the number of blood platelets, fall in the level of potassium in the blood, increase in blood sugar level, increase in the blood level of insulin, free fatty acid and ketones,
- The following side effects have also been reported as "uncommon" in patients with chronic obstructive pulmonary disease:
 - pneumonia; tell your doctor if you notice any of the following symptoms: increase in sputum production, change in sputum colour, fever, increasing cough, increased breathing problems
 - reduction of the amount of cortisol in the blood; this is caused by the effect of corticosteroids on your adrenal gland
 - irregular heart beat

Rare (may affect up to 1 in 1,000 people):

chest tightness, missed heartbeat (caused by premature contraction of the heart's ventricles), decrease in blood pressure, kidney inflammation, swelling of skin and mucous membrane persisting for several days

Very rare (may affect up to 1 in 10,000 people):

shortness of breath, worsening of asthma, a fall in the number of blood platelets, swelling of the hands and feet
 Using high-dose inhaled corticosteroids over a long time can cause in very rare cases systemic effects. These include:
 problems with how your adrenal glands work (adreno-suppression), decrease in bone mineral density (thinning of the bones), growth retardation in children and adolescents, increased pressure in your eyes (glaucoma), cataracts
 Not known (frequency cannot be estimated from the available data):
 sleeping problems, depression or anxiety, nervousness, feeling over-excited or irritable.
 These events are more likely to occur in children but the frequency is not known.

Reporting of side effects

If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the national reporting system.

By reporting side effects you can help provide more information on the safety of this medicine.

7. How to store Foster

Keep this medicine out of the sight and reach of children.

Do not use this medicine beyond 2 months from the date you get the inhaler from your pharmacist and never use after the expiry date which is stated on the carton and label after Exp. The expiry date refers to the last day of that month.

Do not store the inhaler above 30°C.

If the inhaler has been exposed to severe cold, warm it with your hands for a few minutes before using. Never warm it by artificial means.

Warning: The canister contains a pressurised liquid. Do not expose the canister to temperatures higher than 50 °C. Do not pierce the canister.

Do Not throw away any medicines should not be disposed via waste water or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

8. Contents of the pack and other information

What Foster contains:

The active substances are: beclomethasone dipropionate, formoterol fumarate dihydrate.

Each metered dose from the inhaler contains 200 micrograms of beclomethasone dipropionate and 6 micrograms of formoterol fumarate dihydrate. This corresponds to a delivered dose from the mouthpiece of 177.7 micrograms of beclomethasone dipropionate and 5.1 micrograms of formoterol fumarate dihydrate.

The other ingredients are: norflurane (HFA 134-a), ethanol anhydrous, hydrochloric acid.

What Foster looks like and contents of the pack:

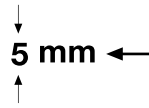
Foster is a pressurised inhalation solution contained in an aluminium canister with a metering valve, fitted in a plastic actuator with a plastic protective cap.

Each pack contains:

- 1 pressurised container (which provides 120 actuations)

Manufactured By:
Chiesi Farmaceutici S.p.A.
 Via Palermo 26/A
 43122 Parma
 Italy

Marketed By:
Chiesi Pharmaceuticals (Pvt) Ltd
 60/1A, XX, Phase III, Commercial Zone,
 Khyaban-e-Iqbal, DHA, Lahore-54000
 Pakistan



فوسٹر انہیلر

بیٹیکلو میتھازون ڈائی پروپیونیٹ + فارموٹرول فیومریٹ ڈائی ہائیڈریٹ۔ سانس کے ذریعے استعمال کرنے والا محلول۔

اجزائے ترکیبی:

ہر کینسٹر (Canister) میں بیٹیکلو میتھازون ڈائی پروپیونیٹ اور فارموٹرول فیومریٹ ڈائی ہائیڈریٹ بطور عامل جڑ شامل ہیں۔ ہر کش (Puff) بیٹیکلو میتھازون ڈائی پروپیونیٹ 200 مائیکروگرام اور فارموٹرول فیومریٹ ڈائی ہائیڈریٹ 6 مائیکروگرام مہیا کرتا ہے۔ دوسرے اجزاء اسٹھانول این ہائیڈریٹ، ہائیڈروکلورک ایسڈ اور پروپیلینٹ نورفلورین (HFA 134-a) پر مشتمل ہیں۔ ایک کینسٹر 120 کش (Puffs) مہیا کرتا ہے۔

علامات:

1 دماغ:

فوسٹر انہیلر مستقل علاج کے طور پر دماغ کے ایسے مریضوں میں استعمال کیا جاتا ہے جن میں:

• انہیلڈ کورٹیکوسٹیروئیدز اور ضرورت محسوس ہونے پر شارٹ ایکٹنگ بروکلوڈائیلیٹرز (Short-Acting Bronchodilators) سے دماغ کنٹرول نہ ہو رہا ہو۔

• کورٹیکوسٹیروئیدز اور لانگ ایکٹنگ بروکلوڈائیلیٹرز (Long-Acting Bronchodilators) سے دماغ کے علاج میں بہتری ہو۔

ممانعت برائے علاج:

دل کے امراض (انجائنا وغیرہ) میں مبتلا مریض اور ایسے افراد جن کو ٹی بی یا سینہ میں وائرل یا فنگل انفیکشن ہو۔ اس دوا میں موجود کسی جز سے الرجی (Allergy) ہو۔ حاملہ اور دودھ پلانے والی خواتین اپنے معالج کے مشورہ سے استعمال کریں۔

مقدار اور طریقہ استعمال:

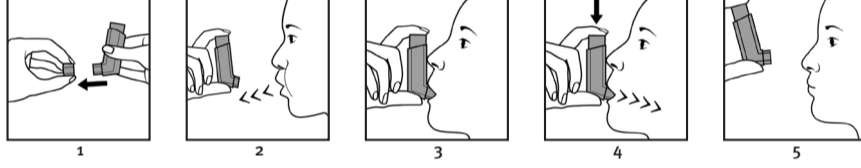
فوسٹر انہیلر کو ڈاکٹر کی ہدایت کے مطابق صرف انہیلر کے طور پر استعمال کریں۔

خوراک:

عمومی مقدار خوراک دو کش (Puffs) دن میں دو مرتبہ۔ ایک دن میں زیادہ سے زیادہ 4 کش (Puffs) استعمال کئے جاسکتے ہیں۔

18 سال سے کم عمر مریضوں میں استعمال کی ممانعت ہے۔

نئے دم کش (Inhaler) کو استعمال کرنے سے پہلے یا فوسٹر انہیلر کو استعمال کئے ہوئے اگر 14 دن یا اس سے زیادہ عرصہ گزر گیا ہو تو منہ میں لینے والے حصہ (Mouth Piece) کے ڈھکن کو ہٹائیں اور ہوا میں ایک کش (Puff) نکالیں تاکہ انہیلر کے درست کام کرنے کی تصدیق ہو جائے۔ استعمال سے پہلے نیچے دی گئی ہدایات کو اچھی طرح پڑھ لیں۔



1- منہ میں لینے والے حصہ (Mouth Piece) سے ڈھکن ہٹائیں اور اس بات کا اطمینان کر لیں کہ منہ میں لینے والا حصہ مکمل طور پر صاف ہو۔ (تصویر 1 دیکھیں)

2- ممکنہ حد تک سانس کو باہر نکالیں۔ (تصویر 2 دیکھیں)

3- منہ میں لینے والے حصہ (Mouth Piece) کو نیچے کی طرف اور دم کش (Inhaler) کو سیدھا پکڑے ہوئے ہونٹوں کو اس کے گرد مضبوطی سے بھینچ لیں۔ (تصویر 3 دیکھیں)

4- بیک وقت شہادت کی انگلی سے ایک دفعہ کینسٹر (Canister) کو دباتے ہوئے لمبا اور گہرا سانس منہ کے راستے اندر کھینچیں۔ اسی دوران سانس کو جتنی زیادہ دیر تک ممکن ہو روکے رکھیں۔ استعمال کے بعد منہ سے دم کش (Inhaler) کو نکال لیں اور آہستہ آہستہ سانس باہر نکالیں۔ (تصویر 4 دیکھیں)

5- استعمال کے بعد منہ میں لینے والے حصہ (Mouth piece) پر ڈھکن لگا دیں۔

اگر ایک سے زیادہ کش (Puff) استعمال کرنا درکار ہو تو انہیلر (Inhaler) کو عموداً آدھا منٹ تک پکڑے رکھیں اور دوبارہ اوپر وضاحت کی گئی ہدایات نمبر 2 سے 5 پر عمل کریں۔

اگر دم کش (Inhaler) کو استعمال کرنے میں مشکل ہو تو اس کو Spacer کے ساتھ استعمال کریں۔

دم کش (Inhaler) کو کم از کم ہفتہ میں ایک دفعہ ضرور صاف کریں۔ صاف کرنے کیلئے منہ میں لینے والے حصہ (Mouth Piece) کا ڈھکن اتاریں اور اس کو خشک اور صاف پکڑے سے صاف کر لیں۔ پانی یا کسی بھی قسم کے دوسرے لیکوڈ صفا کیلئے استعمال نہ کریں۔

ڈاکٹر کی ہدایت کے مطابق صرف انہیلر کے طور پر استعمال کے لئے۔

دوا صرف مستند ڈاکٹر کے نسخہ پر ہی فروخت کی جائے۔

تمام ادویات بچوں کی پہنچ سے دور رکھیں۔

فارمیسی سے انہیلر خریدنے کے بعد 2 ماہ کے عرصہ میں استعمال کر لیں۔ متعین تاریخ میعاد کے بعد انہیلر استعمال نہ کریں۔ انہیلر کو 30°C سے کم درجہ حرارت پر محفوظ رکھیں۔