

**TRELEGY** ELLIPTA

fluticasone furoate/umeclidinium/vilanterol

**GSK**

# Your Guide to COPD and TRELEGY Ellipta



## What is COPD?

COPD, or chronic obstructive pulmonary disease, is a lung disease that includes chronic bronchitis and emphysema. In COPD, the lungs become blocked, which leads to breathing difficulties.

- In chronic bronchitis, the airways are swollen and may be congested with mucus
- In emphysema, the air sacs in the lungs are damaged

If your COPD symptoms get worse, or new symptoms develop, this is called a *flare-up*, also known as an exacerbation.

**If you think you are experiencing a flare-up, tell your health-care professional immediately.**

### COPD triggers and lifestyle tips

Certain factors can cause COPD symptoms to worsen. Being aware of them and learning how to limit your exposure to known triggers can help you manage your condition.

#### Possible triggers



Extreme weather  
(cold, hot, or humid)



Dust and pollen



Strong chemicals  
and odors



Air pollutants



Respiratory infections

#### Lifestyle tips to help manage them



Wear a mask  
in cold weather



Check air quality  
forecasts



Get an air purifier or  
house plants



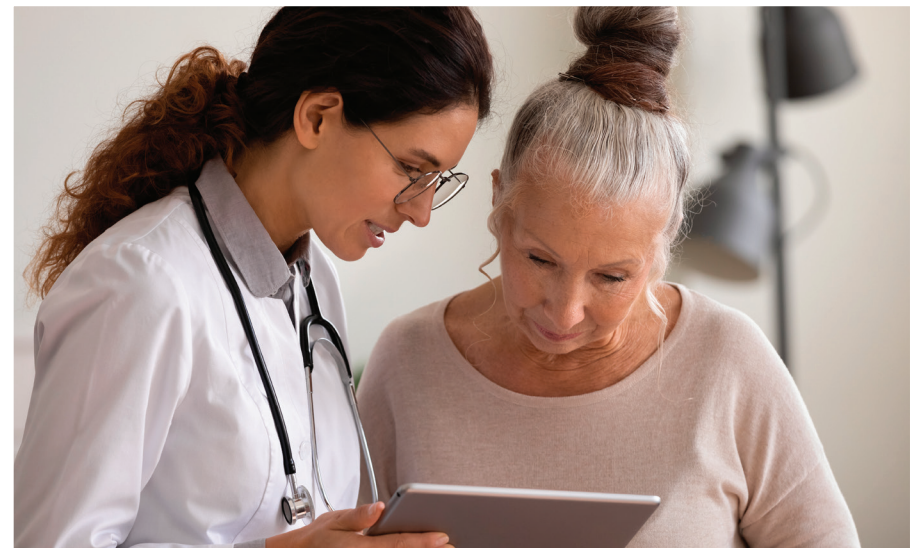
Stay up-to-date with  
vaccinations



Wash hands frequently

*If you smoke, quit. This will **help** decrease COPD symptoms and potentially increase your lifespan.*

**Ask your healthcare professional for more tips to help with your symptoms.**



## Therapeutic management of your COPD: TRELEGY Ellipta

Your healthcare professional has chosen TRELEGY Ellipta to treat your COPD. TRELEGY Ellipta 100 mcg/62.5 mcg/25 mcg is used in adults for the long-term treatment of COPD. It is used in patients who are not adequately treated by other combination medications (ICS/LABA or LAMA/LABA).

As mentioned, people with COPD can experience flare-ups during which their symptoms become worse. If you have a history of flare-ups, TRELEGY Ellipta can help reduce the symptoms you feel when this happens.

**It's important that you continue to take TRELEGY Ellipta as prescribed even if you feel fine and do not have any symptoms.**



## How does TRELEGY Ellipta work?

TRELEGY Ellipta contains three active ingredients:

- 1. Fluticasone furoate:** an inhaled corticosteroid (ICS)  
An ICS reduces inflammation in the airways of your lungs, which can ease breathing problems and help prevent flare-ups.
- 2. Umeclidinium:** a long-acting muscarinic antagonist (LAMA)  
This active ingredient works together with vilanterol to help open and relax the muscles in the airways, making it easier for air to get in and out of the lungs.
- 3. Vilanterol:** a long-acting beta<sub>2</sub>-adrenergic agonist (LABA)  
Vilanterol works together with umeclidinium to also act on the muscles of the airways, helping to open and relax them. Again, this helps air get in and out of the lungs more easily.

**There is no cure for COPD, but TRELEGY Ellipta helps to control it. It is therefore important that you continue to take TRELEGY Ellipta regularly, even if you feel fine.**



## Do's and don'ts

### DO'S

**DO** read the Patient Information Leaflet, which is in the box with your TRELEGY Ellipta, as it has important information about your medicine.

**DO** keep taking your TRELEGY Ellipta once daily, at about the same time each day.

**DO** continue to take TRELEGY Ellipta regularly even if you feel fine and do not have any symptoms.

**DO** talk to your healthcare professional immediately if your COPD worsens or you notice any symptoms of a flare-up.

**DO** safely discard TRELEGY Ellipta when the dose counter reads '0', or 6 weeks after you open the foil lid, whichever comes first.

### DON'TS

**DO NOT** stop taking TRELEGY Ellipta without speaking to your healthcare professional.

**DO NOT** save TRELEGY Ellipta for when your COPD symptoms get really serious. TRELEGY Ellipta is prescribed for adults for the long-term treatment of COPD.

**DO NOT** use TRELEGY Ellipta to treat sudden severe symptoms of COPD, such as sudden shortness of breath or wheezing. TRELEGY Ellipta is not a rescue inhaler and should not be used to give you fast relief from your COPD. Keep a rescue inhaler with you at all times and use it during a sudden COPD flare-up.

**DO NOT** take an extra dose to make up for a missed one. If you miss a dose, carry on and take your next dose at the usual time the next day.

### About your TRELEGY ELLIPTA inhaler

TRELEGY ELLIPTA is packaged in a tray with a peelable foil lid. Don't open the foil lid until you are ready to use the inhaler. In the tray is a sachet that contains a drying agent to help prevent moisture from forming inside the packaging. Once opened, throw the sachet away in the household trash.



**Write the "Discard by" date on the inhaler label in the space provided, which is 6 weeks from the date you open the tray.**

## Side effects

Medications affect different people in different ways. If you experience any side effects that bother you, please tell your healthcare professional.

### Side effects may include:

- Infection of the nose, sinuses, or throat; inflammation of the sinuses or of the lungs (bronchitis); headache; back pain; joint pain
- Infection of the upper airways; itchy, runny, or blocked nose; influenza; cough; the common cold; pneumonia
- Painful and frequent urination (may be signs of a urinary tract infection); constipation
- Pain in the mouth, throat, or tongue after taking this medication; dry mouth; hoarseness; taste disturbance
- Anxiety; shaking (tremors); muscle spasms
- A yeast infection of the mouth or throat called *candidiasis* (thrush). **Rinsing your mouth and gargling with water immediately after taking each dose may help.** Do not swallow the water after rinsing and gargling. Talk to your healthcare professional in all cases.
- A fast or irregular heartbeat, broken bones, osteoporosis, or eye disorders. These side effects are uncommon, but if you experience any of them, talk to your healthcare professional.

**If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.**

*This is not a complete list of side effects. Please refer to the Consumer Information leaflet provided with your medication for complete TRELEGY ELLIPTA Safety Information.*

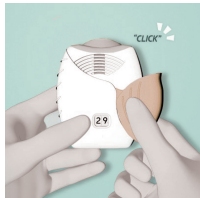
You will receive TRELEGY Ellipta in the “closed” position. It is ready to use and you do not need to prime it before using it for the first time.

Do not shake the ELLIPTA inhaler.

Only open the ELLIPTA inhaler when you are ready to take a dose. If you open and close the cover without inhaling the medicine, you will lose the dose.



## How do I use TRELEGY ELLIPTA?



### 1. OPEN

- Activate the Ellipta inhaler by sliding the cover to the side and down until you hear a “click” to prepare a dose.
- Hold the Ellipta inhaler away from you and exhale a complete breath. Don't breathe out into the inhaler.



### 2. INHALE

- Put the mouthpiece between your lips and close your lips firmly around it.
- Do not block the air vent with your fingers.
- Take one long, steady, deep breath and hold for as long as possible (at least 3-4 seconds).



### 3. CLOSE

- Remove the inhaler from your mouth. Exhale slowly and gently.
- Clean the mouthpiece of the inhaler with a clean, dry tissue.
- Slide the cover upwards as far as it will go.

**Rinse your mouth with water after use. Do not swallow the water.**

For complete instructions, see the Patient Information leaflet that comes with your TRELEGY Ellipta.





<sup>®</sup>**TRELEGY** ELLIPTA  
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