



# YOUR GUIDE TO USING TRELEGY▽ELLIPTA

This guide is for people who have been prescribed  
TRELEGY Ellipta as a treatment for COPD<sup>1</sup>

This guide should always be read together with the printed TRELEGY  
Patient Information Leaflet (PIL). It is not meant to replace it.

If you have questions about your treatment/medicines,  
always speak with your doctor, nurse or pharmacist.



▽ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellowcard in the Google Play or Apple App Store. Side effects should also be reported to GlaxoSmithKline on 0800 221 441.

TRELEGY Ellipta was developed in collaboration with INNOVIVA



## What is TRELEGY Ellipta used for?

You have been prescribed TRELEGY Ellipta for chronic obstructive pulmonary disease, also known as COPD.

COPD is a long-term condition that occurs when the airways of the lungs become inflamed, damaged and narrowed making breathing more difficult. Symptoms of COPD can be different for each person, but common symptoms are:

- **SHORTNESS OF BREATH**
- **FREQUENT COUGHING** (with or without mucus)
- **WHEEZING**
- **EXACERBATIONS** where the symptoms of COPD suddenly worsen or 'flare up'

Though COPD is a progressive disease, with the right diagnosis and treatment, there are many things you can do to manage your condition in order to breathe better. Changes to your lifestyle and routine can be effective in helping you manage your COPD, such as stopping smoking, undertaking daily physical activity and regularly taking your medication as prescribed to you by your doctor.

When used as prescribed, TRELEGY Ellipta helps relax the breathing muscles lining the airways of the lungs, and reduces swelling and irritation in the small air passages. This makes it easier for air to get in and out of the lungs.

## What is TRELEGY Ellipta?

TRELEGY is a combination of three different COPD medicines that are delivered together in the Ellipta inhaler:

### 1. FLUTICASONE FUROATE

Fluticasone furoate is an inhaled corticosteroid that helps to decrease inflammation in the small airways of the lungs by reducing swelling and irritation. This makes it easier for air to get into and out of the lungs.

### 2. UMECLIDINIUM

Umeclidinium is a bronchodilator. Bronchodilators help the muscles around the airways in your lungs stay relaxed to prevent symptoms such as wheezing, coughing and shortness of breath. These symptoms can happen when the muscles around the airways tighten, making it harder to breathe.

### 3. VILANTEROL

Like umeclidinium, vilanterol is also a bronchodilator and relaxes the muscles of the small air passages in the lungs. As with umeclidinium, this helps to open the airways, and makes it easier for air to get into and out of the lungs.

Taking TRELEGY Ellipta as prescribed may help to control your breathing difficulties.

## 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** use your TRELEGY Ellipta as prescribed and not only when you have breathing problems. This may help to control your symptoms day and night
- **DO** tell your doctor if your symptoms do not improve, or get worse, despite using TRELEGY as prescribed
- **DO** contact your doctor or pharmacist for advice immediately if you use too much TRELEGY, as you may need medical attention

## DONT'S

- **DO NOT** use more TRELEGY than your doctor tells you to use
- **DO NOT** use TRELEGY to treat a sudden attack of breathlessness or wheezing – if you get this sort of attack you must use a quick-acting reliever inhaler (such as salbutamol)
- **DO NOT** use TRELEGY if you are allergic to fluticasone furoate, umeclidinium, vilanterol, lactose monohydrate or magnesium stearate
- **DO NOT** cover the air vents. Make sure your fingers are clear of the vents when taking your medicine
- **DO NOT** store above 30°C



THE RECOMMENDED DOSE IS  
ONE INHALATION ONCE A DAY

**SAME TIME  
EVERY DAY**

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If you forget to take a dose one day, don't worry,  
just take your next dose at the usual time  
– do not take two doses.



## When should I take TRELEGY Ellipta?

**Always use this medicine exactly  
as your doctor has told you.**

Check with your doctor, nurse or pharmacist  
if you are not sure.

If you use more TRELEGY Ellipta  
than you should, **contact your doctor  
or pharmacist for advice immediately**  
as you may need medical attention.

## Are there any side effects?

Like all medicines, TRELEGY Ellipta may cause  
side effects. If your breathing or wheezing gets  
worse straight after using TRELEGY Ellipta,  
stop using it and get medical help immediately.

Some patients who take this medicine for COPD can  
develop an infection of the lungs called pneumonia. Tell  
your doctor as soon as possible if you have fever or  
chills; increased mucus production or change in mucus  
colour; or increased cough or increased breathing  
difficulties. These could be symptoms of pneumonia.

Other common side effects of TRELEGY Ellipta include  
infection of the nose, sinuses or throat; infection of the  
upper airways; itchy, runny or blocked nose; flu; common  
cold; cough; headache; back pain; and joint pain.

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**A full list of side effects is included in the  
printed Patient Information Leaflet (PIL),  
which is in the box with your TRELEGY Ellipta.**

If you get any side effects – including any that are not  
already mentioned here – you should tell your doctor, nurse or  
pharmacist.

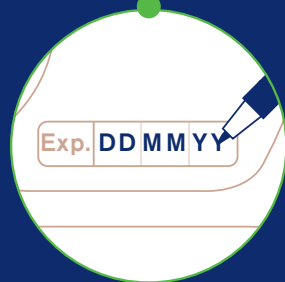
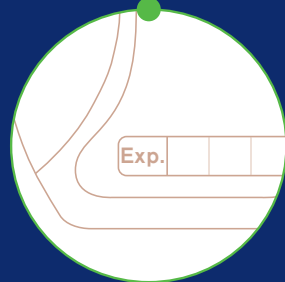
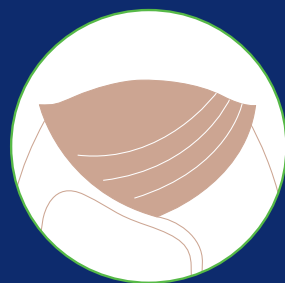
Also, you can help to make sure that medicines remain as safe  
as possible by reporting any side effects via the internet at  
[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

## Getting ready to use your TRELEGY Ellipta inhaler

Keep the inhaler inside the sealed tray to protect from moisture and only remove immediately before first use. The inhaler will be in the 'closed' position.

When the tray is opened, write the "Discard by" date on the inhaler label in the space provided, which is 6 weeks from the date you opened the tray, after which the inhaler should no longer be used.

Your TRELEGY Ellipta comes pre-filled and is ready to use straight away.

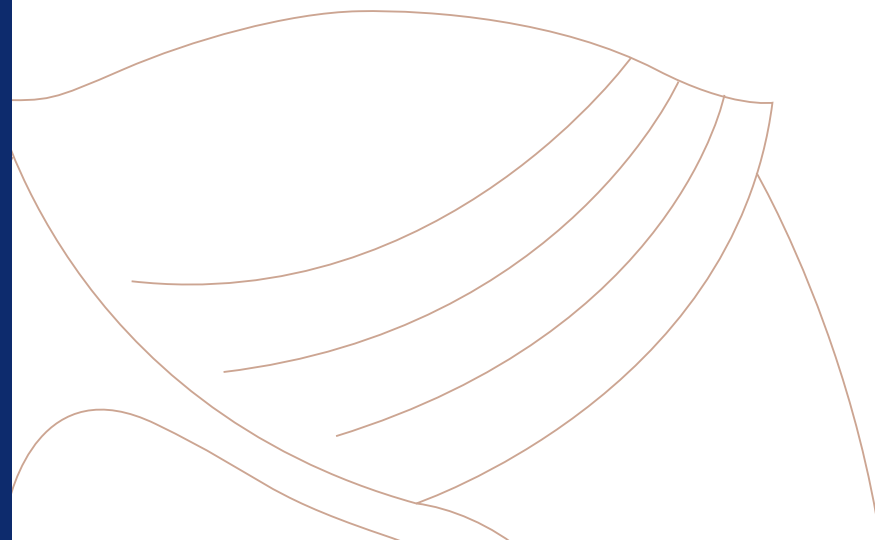
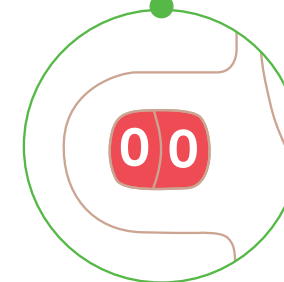
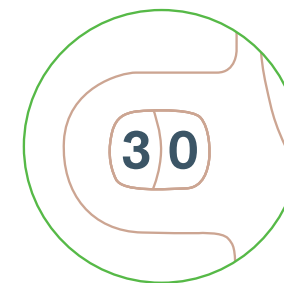


## The dose counter on the front tells you how many doses are left in the inhaler

Each inhaler contains 30 doses. It counts down by one each time you open the cover.

When you have fewer than 10 doses left, half the dose counter will show red, so get in touch with your doctor about another prescription before you run out of medicine.

After you have used the last dose, half of the dose counter shows red and the number 0 is displayed. Your inhaler is now empty. If you open the cover after this, the dose counter will change from half red to completely red.



## How to take a dose

It is important to use this medicine exactly as your doctor told you. If you are not sure, please check with your doctor or pharmacist.

**Do not** shake your Ellipta inhaler. It doesn't need to be shaken before a dose. **Do not** breathe into the inhaler. When breathing out before inhaling your medicine, do so away from the mouthpiece.

For full instructions, you can also view the short instruction 'How to use Ellipta' video at <https://public.gsk.co.uk/products/Ellipta/I-am-a-Patient.html>

Your TRELEGY Ellipta inhaler is ready to use straight away – there is no need to check it before you start.

step: one

## OPEN

Slide the cover down until you hear a 'click'.

- 1 The dose counter will go down by one.
- 2 It's now ready for you to use.

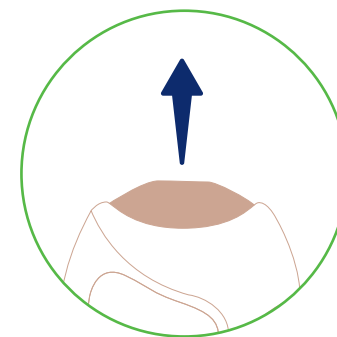


step: two

## INHALE

Hold the inhaler away from your mouth and breathe out as far as you comfortably can.

- 1 Put the mouthpiece between your lips and close your lips firmly around it. Be sure not to block the air vent with your fingers.
- 2 Take one long, steady, deep breath in and hold it for as long as possible, at least 3–4 seconds.
- 3 Remove the inhaler from your mouth and breathe out slowly and gently.
- 4 You may not be able to taste or feel the medicine, even when you are using the inhaler correctly.

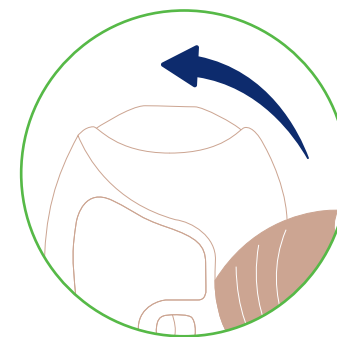


step: three

## CLOSE

To close, slide the cover upwards as far as it will go to cover the mouthpiece.

- 1 You can wipe the mouthpiece with a dry tissue before closing the cover if you like. Store it safely ready for the next day's dose.
- 2 Rinse your mouth with water after you have used the inhaler, do not swallow. This will make it less likely that you will develop a sore mouth or throat.





**TRELEGY**  **ELLIPTA**  
fluticasone furoate/umeclidinium/vilanterol

**References:** 1. Trelegy Ellipta Patient Information Leaflet (PIL) 2. Trelegy Ellipta SmPC.

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