

Trelegy Ellipta for COPD

Say ('TREL-e-gee' e-LIP-ta)

Trelegy Ellipta is used to treat chronic obstructive pulmonary disease (COPD).

COPD affect your lungs and airways, causing breathing difficulties.

The most common types of COPD are emphysema and chronic bronchitis.



3 in 1 Trelegy Ellipta is a 3 in 1 inhaler

Trelegy Ellipta has 3 medicines in it, meaning you will need fewer inhalers. The medicines are:

- Fluticasone (say 'floo-tik-ah-soné')
- Umeclidinium (say 'ue-mek-li-din-ee-um')
- Vilanterol (say 'vye-lan-ter-ol')

✓ **Fluticasone** reduces swelling and irritation in the airways in your lungs.

✓ **Umeclidinium** and **vilanterol** relax the muscles in your airways making it easier for air to flow in and out of your lungs.



These long-acting medicines make breathing easier and reduce flareups (the sudden worsening of your symptoms).

You won't need to use any other 'preventer' inhalers for your COPD.



NOTE: Trelegy Ellipta is a long-term medicine. It doesn't give immediate relief from sudden breathing problems such as wheezing, tight chest or shortness of breath.

- To treat these symptoms, use your 'reliever' inhaler such as salbutamol or terbutaline.
- Remember to keep using your Trelegy Ellipta inhaler each day.



Trelegy Ellipta is a dry powder inhaler

- The fine powder is inhaled through your mouth.
- When you breathe in, the medicine goes straight into your airways.



Use your inhaler every day

- To work well, this inhaler must be used once a day, every day.
- Use your inhaler at the same time each day to help you remember.
- It has a dose counter, so you know exactly how many doses are left.
- The dose counter turns red when there are fewer than 10 doses left, letting you know it's time to contact your healthcare provider for a new inhaler.



Note: Don't open the inhaler cover without using it; this wastes a dose.



Once the foil package is opened, the inhaler should be used within one month.

When you open it, write down the date.

Rinse your mouth after use

Always rinse your mouth with water after using this inhaler to prevent a sore throat or mouth infections.

Clean and store your inhaler carefully

Do:

- ✓ Clean the mouthpiece with a dry tissue.
- ✓ Store in a cool, dry and dark place such as a drawer in your bedroom or kitchen.
- ✓ Keep away from children and pets.

Don't:

- ✗ Wash the mouthpiece or get it wet.
- ✗ Store your inhaler in the bathroom.

Make sure you're using your inhaler correctly

If you're unsure, ask your healthcare provider to show you how, or watch the video below by scanning the QR code.



Scan the QR code or visit www.healthify.nz/trelegy-ellipta