# FORMOTEROL

*for-mot-er-ol*

## What does it do?

*Formoterol* is used to treat symptoms of COPD. It opens narrowed airways in the lungs making it easier to breathe.

## Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you use it?

Inhale *formoterol* regularly as directed by your healthcare professional. It works best when you use it every day. If you have asthma, *formoterol* must be used with another 'preventer' (e.g. beclometasone, budesonide or fluticasone).

Only twist the base of your inhaler when you are ready to inhale the dose. If you do this more than once, you will only get one dose and the others will be lost.

If you need quick relief from breathing problems, use your 'reliever' medicine (e.g. salbutamol, terbutaline, ipratropium).

## What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inhale your next dose at the usual time. Otherwise, inhale the missed dose as soon as you remember. Do not inhale two doses at the same time.

## Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects | Recommended action |
|---|---|
| Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting | Tell your doctor immediately |
| Shaking, muscle cramps | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- Using inhalers can very rarely make breathing worse. Discuss this with your healthcare professional.