

This booklet has been produced by Merz Therapeutics for patients in the United Kingdom who have been prescribed Inbrija® (levodopa inhalation powder).

## Your guide to using the Inbrija® inhaler



**IMPORTANT:** This brochure does not replace the Patient Information Leaflet. You must read the Patient Information Leaflet in full before you start using Inbrija®. You can find it in your Inbrija® box.



THERAPEUTICS

Information about reporting side effects can be found on page 3 of this booklet

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(levodopa inhalation powder) 3

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## Introduction

You have been prescribed Inbrija® for treating the worsening of your symptoms during the “off periods” of Parkinson’s disease.

The Inbrija® inhaler is different to other inhalers, and it may be the first time you’re using one like this. This brochure is a guide to helping you use the Inbrija® inhaler.

Please read this brochure along with the Patient Information Leaflet in your Inbrija® box.

### **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 the package leaflet.

You can also report side effects directly via the Yellow Card Scheme online: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

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



## Meet Peter

*"Hi, I'm Peter.*

*I'm 55 years old and have been living with Parkinson's for five years.*

*I work part-time as a shop assistant and in my free time I enjoy playing the piano in a little music group with my friends, and I enjoy spending time with my grandchildren.*

*I sometimes get off episodes when my Parkinson's medication does not control my condition well enough. My doctor has prescribed Inbrija® to help with those off episodes.*

**Look out for my tips throughout this brochure.**

*Note: Peter is a fictional person.*



## What is Inbrija<sup>®</sup> and what is it used for?

The active substance in Inbrija<sup>®</sup> is levodopa. Inbrija<sup>®</sup> is a medicine used by inhalation for treating the worsening of your symptoms during the “off periods” of Parkinson’s disease.

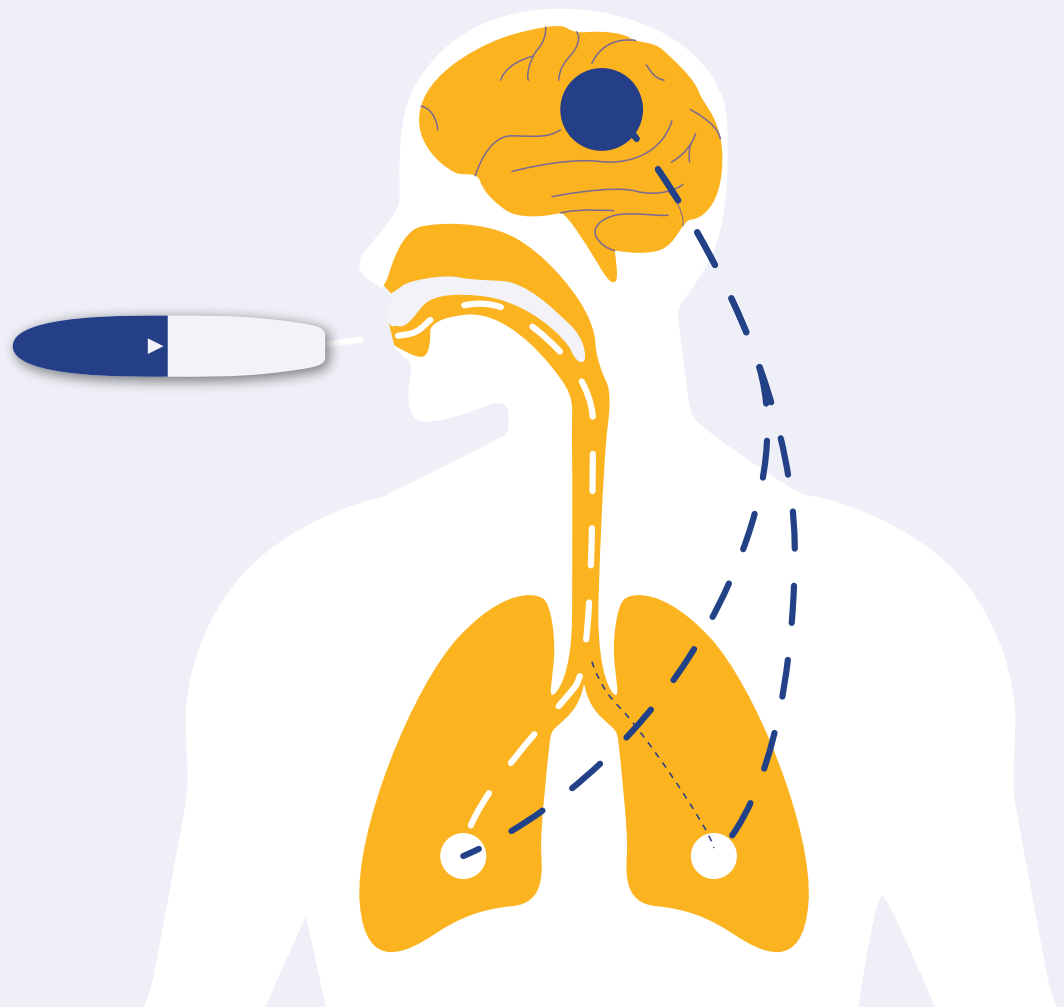
Parkinson’s disease has over 40 symptoms, and the most recognisable affect your movement. Medicines are often used to help manage symptoms, and need to be taken regularly. During off periods your usual medicine does not control the condition well enough and movement is likely to be more difficult. Many people with Parkinson’s disease get involuntary movements like tremors. Sometimes they also move very slowly with a shuffling gait.

Symptoms vary from person to person, and you may also experience other symptoms like slow speech, difficulty getting out of a chair, stiffness, and freezing when walking.

You should continue taking your main medicine for Parkinson’s disease and use Inbrija<sup>®</sup> to control worsening of symptoms (such as inability to move) during off periods.

Inbrija<sup>®</sup> is a powder enclosed in a capsule. The capsule goes in the inhaler. You use the inhaler to breathe it in. You’ll find more about using the inhaler later in this brochure.

## How does Inbrija® work?



Inbrija® is an inhaled medication that contains levodopa, a substance you may already be familiar with. Levodopa is a type of drug called a dopamine precursor.

Levodopa is used to control symptoms of Parkinson's disease and works by maintaining the levels of dopamine in your brain so that it lessens your symptoms.

## How to use Inbrija®

Always use Inbrija® as instructed by your doctor or pharmacist. Make sure you read the Patient Information Leaflet before using Inbrija®, and at regular intervals afterwards. You can find it in the box with your Inbrija® medicine.

Before starting Inbrija®, you must be taking regular treatment for Parkinson's disease.

The recommended dose for using Inbrija® is 2 capsules to treat each off episode. Do not use more than 2 capsules for each off period.

You can use 2 capsules up to five times a day, and you shouldn't use more than **10 capsules a day**.

Only use Inbrija® during an off episode. If the off episode has passed, do not use Inbrija® until the next off episode.

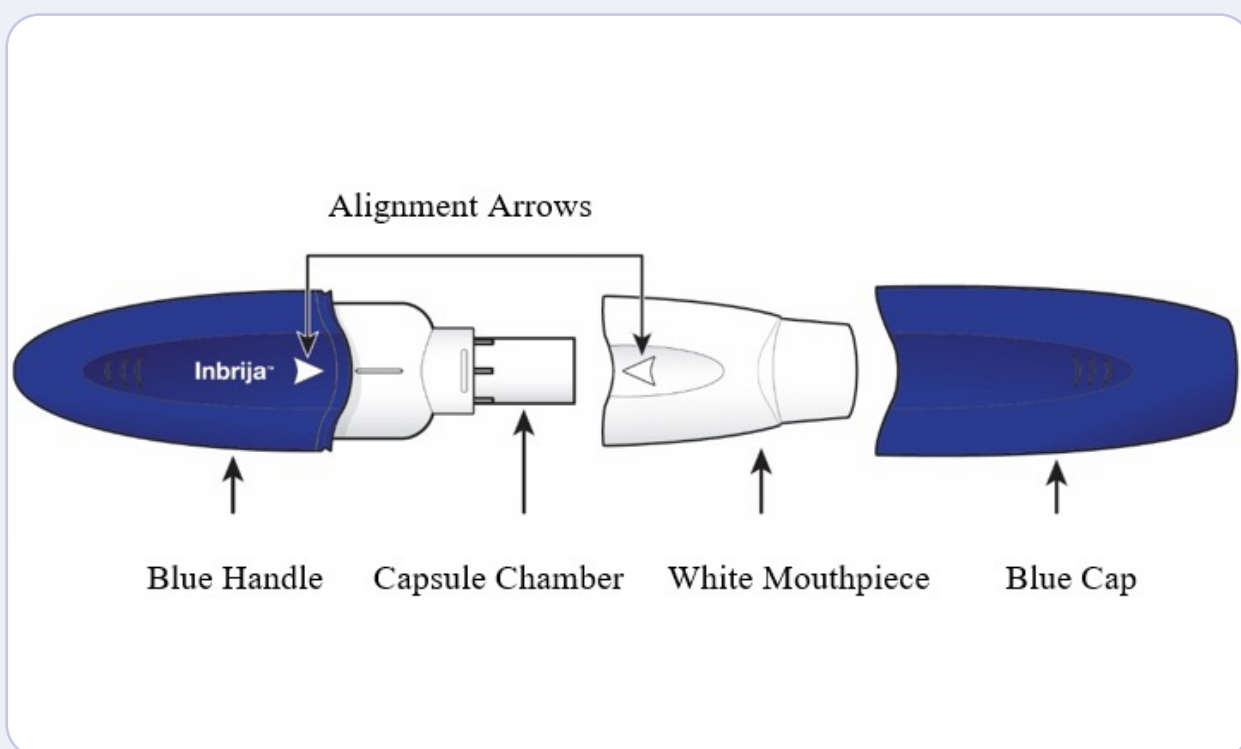
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

# Instructions on how to use your Inbrija<sup>®</sup> inhaler

If you would like to watch a video on how to use your Inbrija inhaler, you can do so by scanning the QR code here:



## Parts of your Inbrija<sup>®</sup> inhaler:

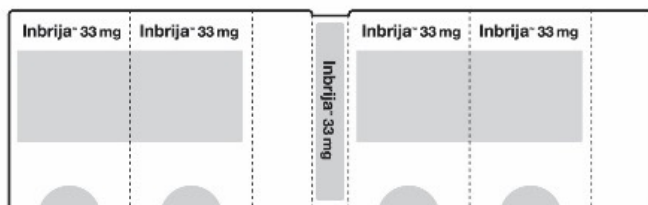


*Continue to read - how to use your Inbrija<sup>®</sup> inhaler >*



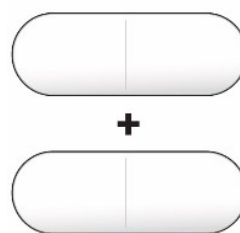
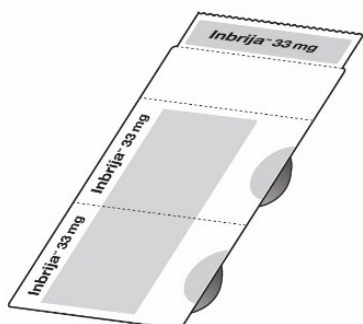
# Capsules

**Each carton includes blisters of 4 capsules.**



**Prepare and use a total of 2 capsules.**

**Full dose = 2 capsules.**

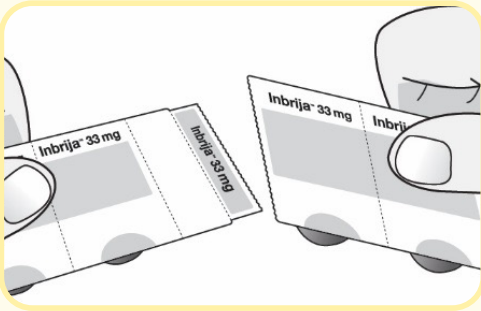


**Important: Inbrija<sup>®</sup> capsules are only to be used in the inhaler and are not to be swallowed.**

Only take the capsules out of the blister pack immediately before using them. Only use the inhaler device with the Inbrija<sup>®</sup> capsules

# Prepare your dose

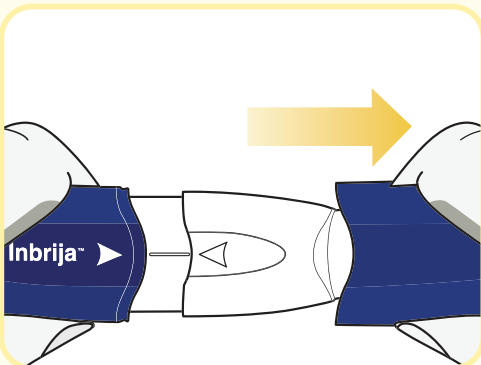
## STEP 1: Gather supplies



- Find a clean and dry surface.
- Make sure your hands are clean and dry.
- Get inhaler and strip of capsules.
- Tear off package of 2 capsules.

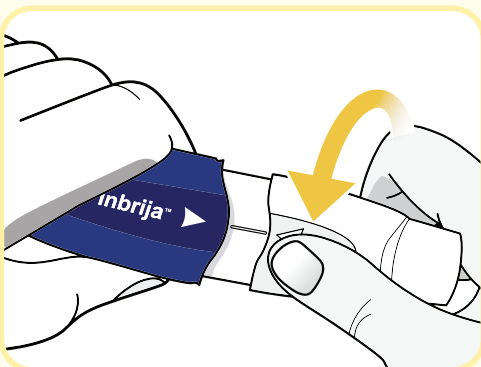
**A full dose is 2 capsules.**

## STEP 2: Remove blue cap from inhaler



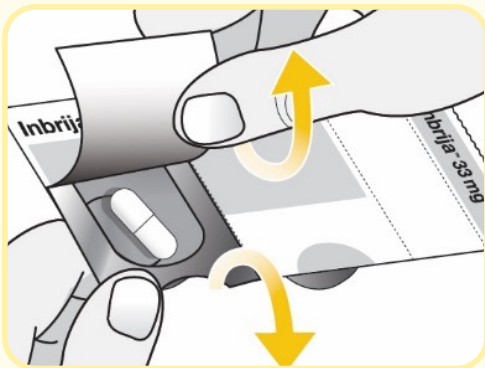
- Pull the cap straight off.
- Place the cap to the side. You will need it later to store the inhaler.

## STEP 3: Twist and pull off white mouthpiece



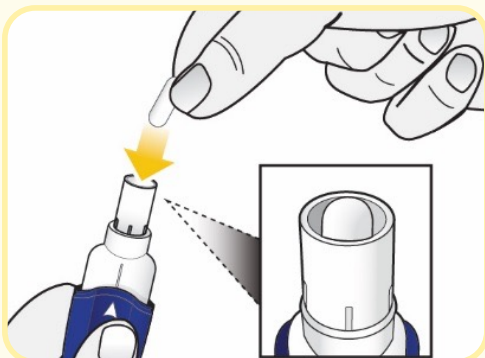
- Twist and pull off the mouthpiece to separate it from the handle.
- Place the mouthpiece and inhaler on a clean and dry surface.

#### STEP 4: Remove 1 capsule from package



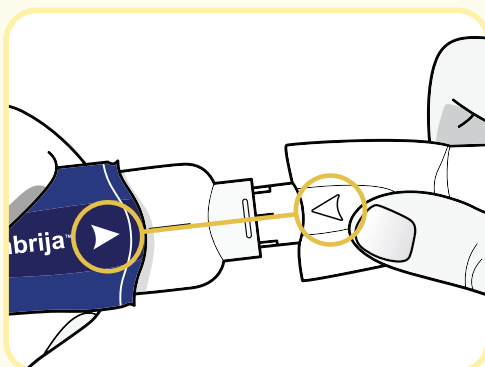
- Carefully peel back the foil and take out 1 capsule.
- Only remove 1 capsule at a time, and just before use.
- Do not use any capsule that looks crushed, damaged or wet. Dispose of it and get a new capsule.

#### STEP 5: Load capsule



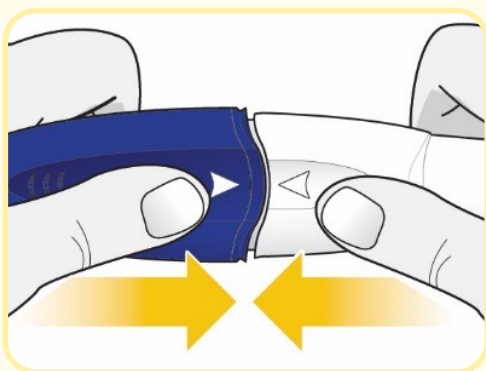
- Hold the inhaler upright using the handle.
- Drop 1 capsule into the opening of the capsule chamber.
- Do not load 2 capsules at the same time.

#### STEP 6: Attach white mouthpiece



#### Align arrows on mouthpiece and handle

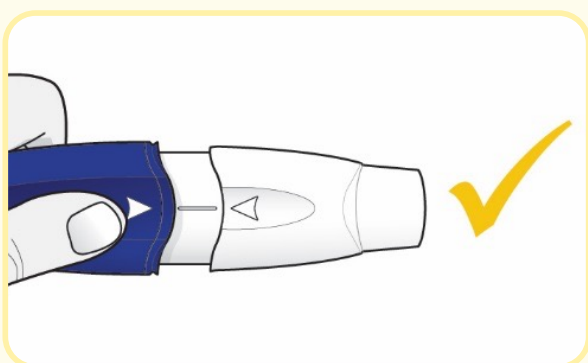
- Line up the white arrows on the handle and mouthpiece.



### **Compress mouthpiece only once**

- Firmly push the mouthpiece and handle together until you hear a click. This punctures the capsule.

**Do not push the handle and mouthpiece together more than once.**



### **Release mouthpiece**

- Release the mouthpiece. The mouthpiece will spring back and stay attached.

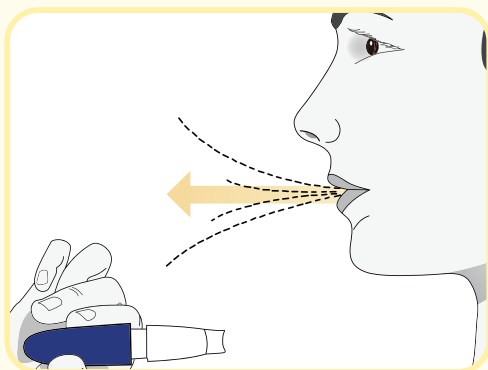
### **Your inhaler is now ready to use.**

Do not push the handle and mouthpiece together more than once. This may damage the capsule, and you may not get your full dose. If this happens start again at Step 4 using a new capsule.

Make sure the mouthpiece is securely attached and will not fall off before moving to Step 7.

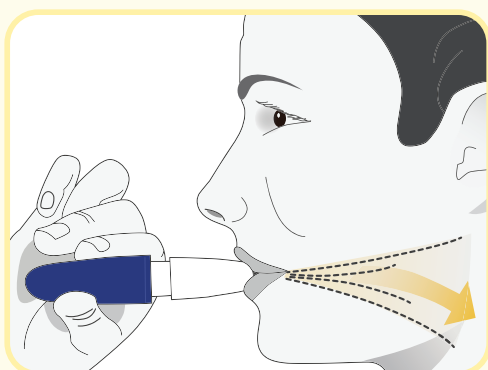
## Take your dose

### STEP 7: Hold inhaler away and breathe out



- Stand or sit with your head and chest upright.
- Hold the inhaler level and away from your mouth.
- Breathe out completely.
- Do not breathe into mouthpiece.

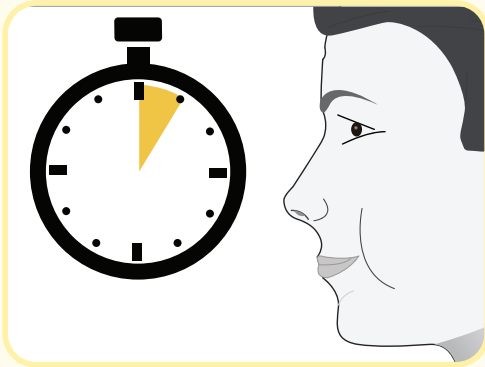
### STEP 8: Breathe in deeply to inhale powder



- While keeping the inhaler level, close your lips firmly around the mouthpiece.
  - Take in a deep, comfortable breath until your lungs feel full. This normally takes several seconds.
- As you breathe in, you will hear and feel the capsule “whirl” (spin). The whirl means the inhaler is working and you are getting your medicine.
  - If you cough or stop your dose, start again from the beginning of Step 7 using the same capsule. Please see the ‘Managing cough’ section on page 15.

**Important:** *If you did not hear or feel the capsule “whirl” while inhaling you may need to take a deeper, longer breath or may need to clean the mouthpiece (do not rinse the mouthpiece or get the inhaler wet). Refer to Step 13 – Clean Mouthpiece. Start again from the beginning of Step 7 using the same capsule.*

### STEP 9: Hold breath for 5 seconds, then breathe out



- Take the inhaler out of your mouth and hold your breath for 5 seconds.
- Then breathe out.

### STEP 10: Remove capsule from inhaler



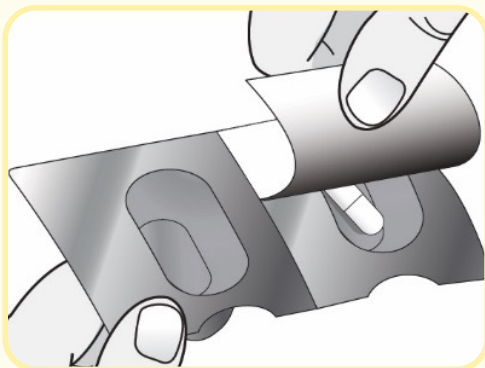
#### Twist and pull off the mouthpiece

- Twist and pull off the mouthpiece.

#### Remove used capsule

- Take out the used capsule.

### STEP 11: Dose with 2nd capsule



- Repeat Steps 4 to 10 with the second capsule to finish the full dose.
- You should inhale the contents of the second capsule within 10 minutes of the first one.



## Managing cough

One of the side effects of inhaling the powder in the Inbrija<sup>®</sup> capsules that you may experience is a cough. This is a very common occurrence.

Sipping water before and/or after breathing the medicine might help reduce the cough.

As you breath in, if you feel like you might cough:

- Try and hold your breath for 5 seconds
- Wait until the feeling goes away
- Try taking a sip of water which might help
- When you're ready, breathe in with the same capsule

It is important to be aware that coughing can reduce the amount of the medication that reaches your body.

**For advice about coughing, other side effects and important safety information please read the Patient Information Leaflet.**

Please report side effects directly via the Yellow Card scheme. The details are on page 3 of this booklet.

*Continue to read - Dispose and store >*

## Dispose and store

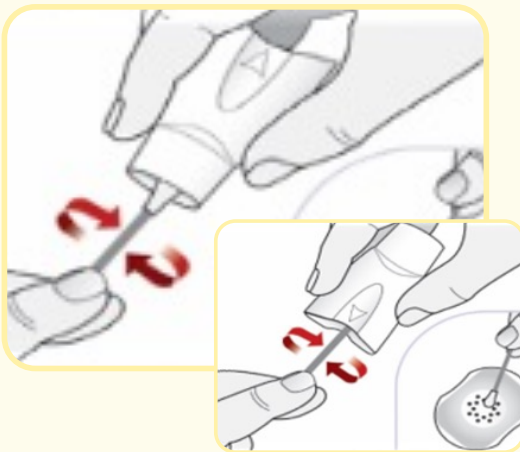
### STEP 12: Dispose of used capsules



- Dispose of used capsules in accordance with local requirements.

### STEP 13: Clean Mouthpiece

It is normal for some powder to remain in or on the inhaler. To avoid powder buildup, clean the powder off of the mouthpiece holes using a circular motion with a new dry cotton swab as needed.



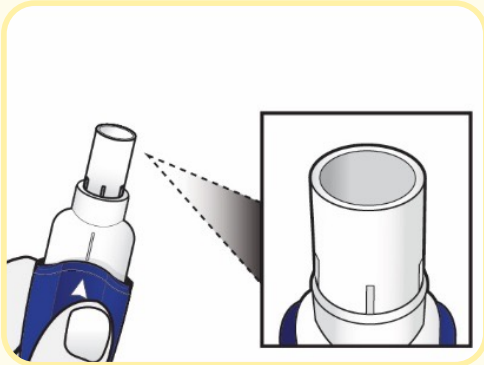
- Clean the holes from the top end of the mouthpiece.
- Clean the holes from the bottom end of the mouthpiece.

*You can also use a dry tissue to wipe the outside of the mouthpiece, as needed.*

**Do not clean any other parts of the inhaler.**

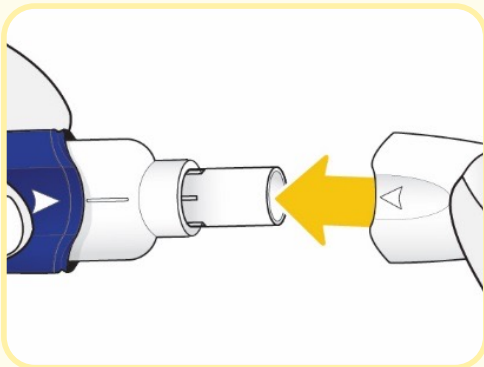
**Do not rinse the mouthpiece or get the inhaler wet.**

## STEP 14: Store inhaler



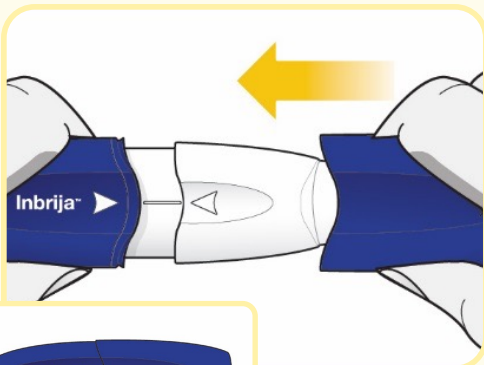
### Make sure there are no capsules in the inhaler

- Make sure there are no capsules in the inhaler before you store it.



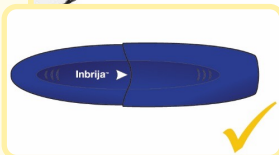
### Attach mouthpiece

- Attach the mouthpiece to the handle by pushing until you hear a click.



### Attach cap

- Attach the cap over the mouthpiece.



### Ready for storage

- Your inhaler is now ready to store.

## Cleaning the inhaler

### **Make sure there are no capsules in the inhaler**

- It is normal for some powder to remain in or on the inhaler.
- To avoid powder buildup, clean the powder off of the mouthpiece holes using a circular motion with a new dry cotton swab as needed.
- You can also use a dry tissue to wipe the inside or outside of the inhaler mouthpiece.
- **Do not clean any other parts of the inhaler. Do not rinse the mouthpiece or get the inhaler wet.**

## How to store Inbrija®

- Keep Inbrija® out of sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the blisters and carton after EXP. The expiry date refers to the last day of that month.
- Store Inbrija® in its original package to protect it from light and moisture. Keep it in a place below 25°C, and only remove from storage immediately before you use it.
- Do not use any capsule that looks crushed, damaged or wet.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.



### PETER SAYS

*"I keep all my Inbrija® capsules in a locked cupboard in my bathroom. That way, my grandchildren can't accidentally get to them. Find a safe and convenient place to store your Inbrija®"*

For more information about Inbrija® visit our website at [www.inbrija.co.uk](http://www.inbrija.co.uk)





THERAPEUTICS

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