

Ellipta Inhaler

Medication Information Leaflet

What is Ellipta?

- Ellipta is an inhaler device that helps deliver a specific amount of medication to your lungs.
- It is used to deliver medications that are used for the treatment of asthma and chronic obstructive pulmonary disease (COPD).
- Both asthma and COPD affect the lungs which makes it harder for the person to breathe.

Why is it important to use an Ellipta correctly?

- Ellipta delivers a very small dose of the medication each time, thus you usually do not feel or taste anything after a dose.
- Hence, it is important to use the Ellipta correctly to get the full dosage and benefit from the medication.
- This allows the medication to have a higher chance of reaching the small airways, which increases the effectiveness of the medication and helps reduce any side effects.

How does an Ellipta work?

Each Ellipta consists of a plastic device with blister strips containing a dry powdered medication. It is activated by breath. This means that when you inhale, the Ellipta automatically releases the medication.

How should I use an Ellipta?

Steps	Description
1	Hold the inhaler in one hand and slide down the cover with the other hand until you hear a click sound. You will also see that the number on the dose counter will reduce by one.
2	Breathe out normally away from the Ellipta. Do not breathe into the Ellipta.

3	Put the mouthpiece in your mouth and seal your lips around the mouthpiece. Do not block the air vent with your fingers or lips.
4	Breathe in as steadily and deeply as you can until your lungs are full.
5	Hold your breath for at least 5 seconds or for as long as you can.
6	Remove the Ellipta from your mouth.
7	Breathe out slowly and gently with your mouth.
8	Clean the mouthpiece with a dry tissue before closing the cover.
9	If your Ellipta contains a steroid, please rinse your mouth with water after use to prevent oral fungal infection.

What should I avoid when using an Ellipta?

- Do not open and close the cover without inhaling the medication as you will lose the dose.
- Do not blow into the Ellipta or immerse it into water.
- Do not shake the inhaler.

How should I store an Ellipta inhaler?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I clean my Ellipta inhaler?

Wipe the outside of the mouthpiece regularly (once a week) with a dry tissue. Do not use water or liquids when you clean the mouthpiece.

When should I throw away this medication?

- The Ellipta comes in an aluminium foil tray.

- Once the foil tray is opened, the expiry of Ellipta depends on the type of the Ellipta you are using:
 - Relvar Ellipta: 1 month
 - Incruse Ellipta and Anoro Ellipta: 6 weeks
- Check the dose counter and change the inhaler once the dose counter indicates zero doses.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

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