

# TRELEGY ELLIPTA

## (FLUTICASONE FUROATE/UMECLIDINIUM/VILANTEROL)

### What is Trelegy Ellipta?

- Trelegy is a **maintenance inhaler**
- It is used daily to help **prevent** your breathing from worsening

### How does it work?

- Reduces inflammation to open up the lungs
- Opens airways and helps keep airways open
- It is long-acting and should be used on a daily basis
- It is **NOT** to be used as a rescue inhaler to relieve flare-ups



### Storage:

- Trelegy must be discarded once the **dose reader reaches zero** (at this point, no medicine is left) or 6 weeks after removing from foil pouch, whichever comes first

### How to clean your inhaler:

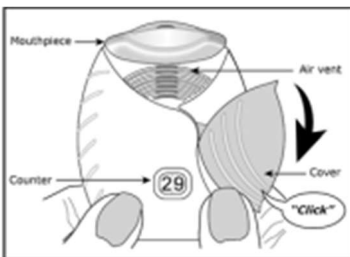
- Wipe mouthpiece with dry cloth or cotton swab as needed
- Do not try to disassemble your inhaler or immerse in water

### How to use your Trelegy Ellipta:

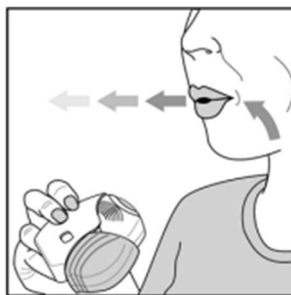
#### **3 MAIN STEPS:**

- A. Breathe out away from the inhaler
- B. Take a long deep breath in
- C. Hold your breath for 3-4 seconds or what is comfortable

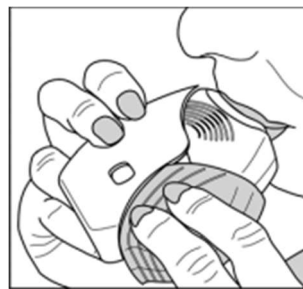
**Step 1**



**Step 2**



**Step 3**



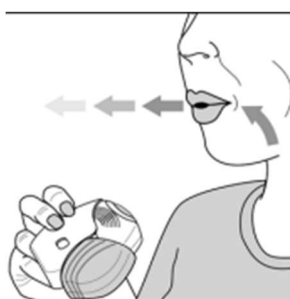
**Step 4**



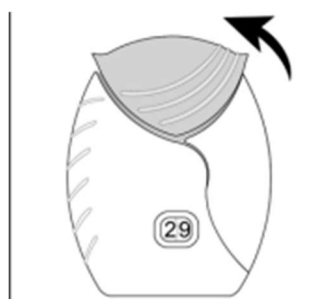
**Step 5**



**Step 6**



**Step 7**



**Step 8**



**Step 1:** Open the inhaler cover by pushing mouthpiece back. Once you hear a click, the inhaler is ready to use

**Step 2:** Take a deep breath in and **breathe out fully and completely, away from the inhaler.**

**Step 3:** Place the inhaler to your lips and form a tight seal around the mouthpiece. **Take a long, steady, deep breath in.**

**Step 4:** Make sure you do not block the air vent with your fingers.

**Step 5:** **Hold your breath for about 3 to 4 seconds,** or however long is comfortable.

**Step 6:** Breathe out slowly and gently.

**Step 7:** Close the inhaler by placing the mouthpiece cover back over the mouthpiece.

**Step 8:** **Rinse your mouth with water** after you have used the inhaler and **spit the water out.**

The Ellipta has a dose counter to indicate the number of doses left. When the dose counter turns **red**, it means you have limited medicine left (< 10 doses) and you need a refill.

#### What if I can't afford my Incruse Ellipta?

##### 1. Copay card

- Website: <https://www.trelegy.com/savings-and-support/coupon/index.html> (cannot use if Medicare, Medicaid, federal employee)
- Phone number: 1-888-825-5249

##### 2. Medicare extra help:

- Website: <https://www.ssa.gov/medicare/prescriptionhelp/>
- Phone number: 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048)

##### 3. Federal patient assistance via drug company

- Website: <http://www.gskforyou.com/patient-assistance-programs/gsk-access.html>
- Phone number: 1-866-518-4357
- NOTE: to qualify, will need to meet income requirements, out of pocket expenses, etc.

##### 4. State patient assistance:

- Website: <https://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx>
- Phone number: (401) 462-3000 or (401) 462-0740

##### 5. Discount drug programs: GoodRx, LowestMeds, NeedyRx, America's Drug Card, etc.

- Please talk w/ your office pharmacist for more information

#### When should I call my doctor?

1. I am having difficulty or pain while breathing most days of the week
2. I am having difficulty sleeping through the night due to difficulty breathing
3. My worsening in breathing is making it hard for me to work or maintain my daily activities
4. I am using my rescue inhaler more often OR refilling it more often
5. I've needed to use a greater amount of oxygen than normal
6. I have an increase in sputum production if I have COPD
  - Especially in conjunction with a temperature  $\geq 100.3$  degrees F