

Breelib[®] information sheet

How to avoid Breelib clicking OFF before the end of a 3-second breathing cycle

Breelib information sheets are provided as part of the Breelib Patient Support Programme, which is fully funded by Bayer

Please contact the Breelib Support Centre on
0800 0 463 255 for any Breelib related questions

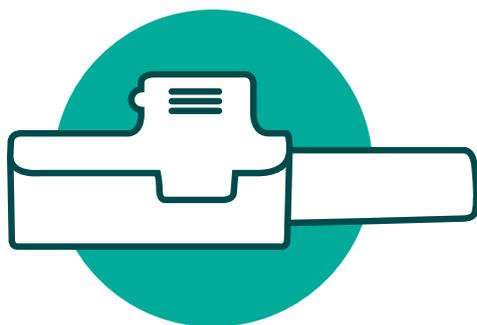
Reporting of side effects

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 at www.mhra.gov.uk/yellowcard or search MHRA Yellow Card in Google Play or Apple App Store.

You can also report side effects and quality complaints to Bayer Plc. Further information is available on the “contact” tab at www.bayer.co.uk.

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

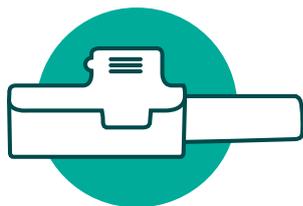
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Introduction to Breelib information sheet 4

Breelib has been designed so that each time you breathe in through the mouthpiece (figure 1) drug is delivered to where it is needed. Breelib achieves this with a breathing cycle which lasts for a full 3 seconds where the first 2 seconds is a fine mist of drug followed by 1 second of clear air (figure 2). The air helps to push the drug mist deep inside your lungs, minimising the chances of drug staying in your throat and upper airways.

When you start to breathe in through the mouthpiece you will hear a 'click' as the breathing cycle starts. You should continue to breathe in at a moderate speed so that the mouthpiece light is bright green for the full 3 seconds. When the breathing cycle is over you will hear a second 'click' as the mouthpiece light turns OFF. At the end of each breathing cycle you should remove the mouthpiece and breathe out normally, either through your mouth or nose.

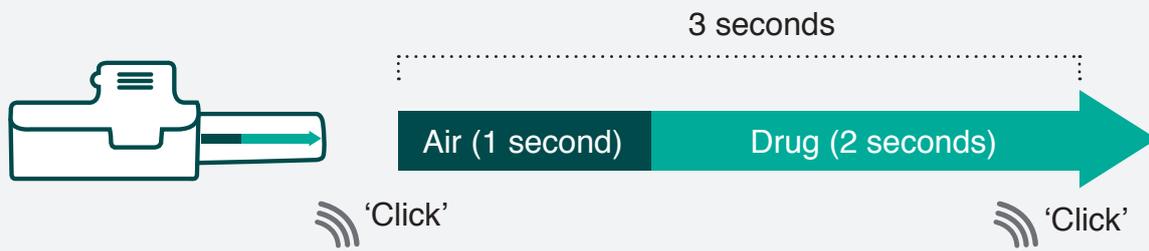
There are various reasons why Breelib may 'click' OFF before the end of the 3-second breathing cycle. This document will provide you with helpful information on how to avoid this from happening.

Figure 1
The Breelib nebuliser

- 1 Mouthpiece/Mouthpiece light
- 2 Battery light (Power LED)
- 3 Charging socket inlet
- 4 Air inlet
- 5 Base unit
- 6 ON/OFF button
- 7 Nebuliser unit
- 8 Reset button



Figure 2
3-second breathing cycle



1

Breathe in through the mouthpiece at a moderate speed

Breelib will only deliver drug when you breathe in through the mouthpiece above a certain speed. The speed at which you breathe in through Breelib is important as it will affect where in your lungs drug is delivered to.

When you breathe in through Breelib, the mouthpiece lights (figure 3) will help guide the speed of your breathing so that drug is delivered to where it is needed, deep inside your lungs. You should aim to breathe in at a moderate speed so that the mouthpiece light is bright green for the full 3-second cycle.

Figure 3
The mouthpiece lights during guided breathing



Bright green

You are breathing in at the correct speed



Dim green or flickering green light

You are breathing in either slightly too slowly or slightly too quickly



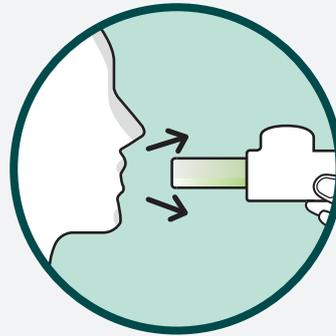
Orange

You are breathing in far too quickly

If you are breathing in slightly too slowly, the mouthpiece light will be a dim green or flickering and if you start to breathe in even slower still Breelib will click OFF and stop the breathing cycle short.

After you hear the second 'click' you should remove the mouthpiece and breathe out normally, either through your mouth or nose (figure 4). It is important to wait at least a few seconds before taking another breath through the mouthpiece, but this time increase the speed of your breathing so that the mouthpiece light is bright green for the full 3 seconds.

Figure 4
Remove Breelib and breathe out normally



2

Breathe in through the mouthpiece for a full 3 seconds

If you stop breathing in through the mouthpiece before the end of the 3-second breathing cycle Breelib will click OFF and stop the breathing cycle short. If you do not breathe in at a moderate speed for the full 3 seconds the mist of drug may end up in your throat or upper airways.

Always aim to breathe in at a moderate speed so that the mouthpiece light is bright green (figure 3) for the full 3 seconds until Breelib 'clicks' OFF and the mouthpiece light turns OFF. After you hear the second 'click' you should remove the mouthpiece and breathe out normally, either through your mouth or nose (figure 4). It is important to wait at least a few seconds before taking another breath through the mouthpiece.

Simple breathing exercises can help support your therapy and also help your breathing technique when using Breelib. For more information please see the 'Breathing better with pulmonary hypertension' booklet which can be found in the Patient Resources area of www.Breelib.co.uk. Before you try these exercises please speak with your healthcare professional.

3

When breathing in through the mouthpiece, do not take in air through your nose

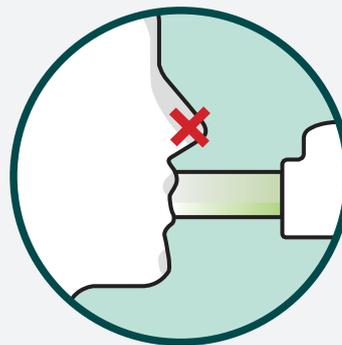
Breelib will only deliver drug when you breathe in through your mouth. Before the end of a 3-second breathing cycle, if you take in air through your nose Breelib will click OFF and stop the breathing cycle short. You should remove the mouthpiece and breathe out normally, either through your mouth or nose (figure 4) and wait at least a few moments before taking another breath through the mouthpiece.

Gripping your nostrils closed or using a nose clip can help remove the temptation to breathe in through your nose. Aim to breathe in at a moderate speed and only through your mouth for the full 3 seconds when using Breelib.

If you are using oxygen therapy through a nasal cannula, you may be tempted to breathe in air through your nose when using Breelib. Speak with your treating centre about temporarily removing the nasal cannula when you use Breelib or if you do not want to or cannot remove your oxygen therapy, try alternating breathing in through your mouth for a full 3-second cycle when using Breelib, then breathing in through your nose.

Figure 5

Do not take in air through your nose when using Breelib



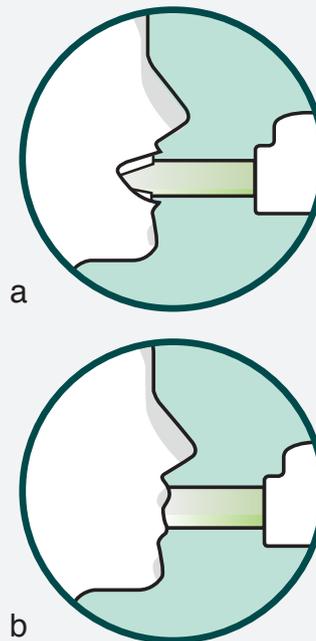
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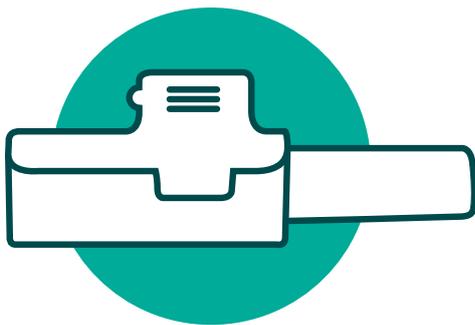
Form a complete seal with your lips around the opening of the mouthpiece

If you do not form a complete seal around the mouthpiece with your lips, when you breathe in through Breelib you can take in extra air from outside of the mouthpiece and lose suction. If you lose suction Breelib can click OFF and stop the breathing cycle short. You should remove the mouthpiece and breathe out normally, either through your mouth or nose (figure 4) and wait at least a few seconds before taking another breath through the mouthpiece.

When you use Breelib, always grip the mouthpiece between your teeth (figure 6a) then form a complete seal with your lips around the mouthpiece (figure 6b). This will allow drug and air to flow freely into your lungs but it will also make sure you do not lose any suction or allow drug to escape into the air around you.

Figure 6
The correct positioning of the mouthpiece





Further support; Breelib information sheets 1 - 11

The series of Breelib information sheets have been designed to cover specific topics to help you when you are using Breelib. The documents can be viewed or downloaded from the Patient Resources area of www.Breelib.co.uk or you can request a hard copy by calling the Breelib Support Centre on freephone 0800 0 463 255.

- 1 Information about the battery and charging of Breelib

- 2 Why Breelib beeps when the ON/OFF button is pressed and how it can be avoided

- 3 Why Breelib can turn OFF when you do not expect it to, without beeping

- 4 How to avoid Breelib clicking OFF before the end of a 3-second breathing cycle

- 5 Why doses may be taking you longer than usual to finish

- 6 Why the mouthpiece can feel blocked when you are using Breelib

- 7 What the different lights on Breelib mean

- 8 Why Breelib may not do anything when you try and turn it ON or charge the battery

- 9 Why Breelib may be doing something unusual or unexpected

- 10 Breelib, being away from home and travel

- 11 Breelib and Ventavis Frequently Asked Questions (FAQ)
