

## Ciclesonide inhaler (Alvesco)

Ciclesonide is a preventer inhaler and should be used regularly for maximum benefit.

Make sure you know how to use your inhaler properly.

It will not give you immediate relief if you are having an asthma attack. Your doctor will prescribe a reliever inhaler for you to use as a rescue treatment for if you get an asthma attack.

It is particularly important that your asthma is well controlled if you are pregnant. Make sure your doctor knows if you are expecting or trying for a baby.

### About ciclesonide inhaler

Type of medicine	A corticosteroid (steroid) inhaler
Used for	Asthma
Also called	Alvesco®
Available as	Aerosol inhaler

Inhalers are the main treatment for [asthma](#). The medicine inside the inhaler goes straight into your airways when you breathe in. This means that your airways and lungs are treated, but little of the medicine gets into the rest of your body.

Ciclesonide is a preventer inhaler. You must use it regularly every day to prevent your symptoms from developing. Steroids like ciclesonide work by reducing the inflammation in your airways. When the inflammation has gone, your airways are much less likely to become narrow and cause symptoms such as wheezing.

## **Before using a ciclesonide inhaler**

Some medicines are not suitable for people with certain conditions, and sometimes a medicine can only be used if extra care is taken. For these reasons, before you start using a ciclesonide inhaler it is important that your doctor knows:

- If you are pregnant, trying for a baby or breastfeeding. This is because it is particularly important that your asthma should be well controlled if you are expecting a baby, and your doctor will want to advise you about your care.
- If you have ever had pulmonary tuberculosis (TB).
- If you are taking or using any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to a medicine.

## **How to use a ciclesonide inhaler**

- Before you start the treatment, read the manufacturer's printed information leaflet from inside the pack and any additional information you are given. These will give you more information about ciclesonide, and will also provide you with a full list of side-effects which you could experience from using the inhaler.
- Use the inhaler once daily, preferably in the evening, unless you are told otherwise by your doctor. Your doctor will tell you how many puffs you should use each time. Try to use it at the same time each day, as this will help you to remember to use it regularly. Make sure you know how to use the inhaler properly. If you are not sure, ask your nurse, doctor or pharmacist to show you.

- Some people using steroid inhalers find that the back of their throats can become sore. If you rinse your mouth with water and brush your teeth after using your inhaler, this is less likely to develop.
- Your doctor may give you a spacer device to use, particularly if you struggle to co-ordinate breathing in and pressing the inhaler device. This helps to make sure that the medicine travels right into your lungs. Your doctor or pharmacist will be able to advise you on using the device.

## Getting the most from your treatment

- Ciclesonide is a preventer inhaler which needs to be used regularly in order to have an effect. It takes a few days for the steroid in the inhaler to build up its effect. Preventer inhalers like ciclesonide do not give you immediate relief if you are having an asthma attack - you will need to use a reliever inhaler to ease the symptoms of an attack.
- If after using the inhaler for the first time your breathing becomes worse or you suddenly start to wheeze, please let your doctor know straightaway. Your doctor will want to change the type of inhaler to one more suited to you.
- It is helpful to remember the colour of your inhaler and the brand name. This might be important if you need to see a doctor who does not have your medical records (such as if you are on holiday or if it is outside the normal opening hours of your GP surgery).
- Keep your regular appointments with your doctor and asthma clinic. This is so your doctor can review your treatment. If at any time you find that your asthma symptoms are getting worse or that you need to use a reliever inhaler more regularly, contact your doctor or nurse for advice straightaway.
- Continue to use your ciclesonide inhaler regularly. Do not stop using it abruptly, as this can make you feel unwell and cause your symptoms to return suddenly.
- Do not smoke. Smoking can cause severe irritation and damage to your lungs. It will make your condition worse and will reduce the beneficial effects of your inhalers.

# Can ciclesonide inhalers cause problems?

Along with their useful effects, inhalers like most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the ones associated with ciclesonide. You will find a full list in the manufacturer's information leaflet supplied with your inhaler. Speak with your doctor or pharmacist if any of the following continue or become troublesome.

<b>Ciclesonide inhaler side-effects (these affect fewer than 1 in 100 people)</b>	<b>What can I do if I experience this?</b>
Oral thrush, changes to the way things taste, dry mouth, hoarse voice, cough	Ask your doctor or pharmacist to recommend a suitable preparation. Rinsing your mouth out with water or brushing your teeth after you use your inhalers can help prevent this
Headache	Drink plenty of water and ask your pharmacist to recommend a suitable painkiller. If the headaches continue, let your doctor know
Feeling sick (nausea)	Eat simple foods - avoid rich or spicy meals
Skin rash	If troublesome, speak with your doctor

Using high doses of inhaled steroids over a long time may aggravate mental health problems and be a risk factor for other problems such as developing osteoporosis. Also, children who use an inhaled steroid over a long time should have their growth monitored. If you are concerned about any of these rare effects, you should discuss them with your doctor.

If you experience any other symptoms which you think may be due to the inhaler, speak with your doctor or pharmacist for further advice.

## How to store ciclesonide inhalers

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

## Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

If you buy any medicines, check with a pharmacist that they are suitable to take with your other medicines.

If you are having an operation or any dental treatment, tell the person carrying out the treatment which medicines you are taking.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

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## Further reading

- [Medicines Complete BNF 88th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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