



**Your Inhaler is a combination of a reliever (brown inhaler) and a preventer (blue inhaler) so you will no longer need to use both and just use your MART inhaler to treat and control your Asthma symptoms.**

### **How do I use my MART inhaler?**

You use your MART inhaler:

- every day as prescribed, usually twice a day
- if your asthma symptoms get worse
- if you have an asthma attack.

### **Use your MART inhaler every day**

You need to take your MART inhaler every day as prescribed. This is usually one or two puffs every morning and evening.

You need to take your inhaler every day to prevent symptoms even when you're feeling well.

Each puff of a MART inhaler gives you a dose of **steroid preventer medicine** and a dose of long-acting **bronchodilator** medicine.

Using a MART inhaler reduces inflammation in your airways and keeps your airways open. You should notice you can breathe more easily.

### **Use your MART inhaler when you get asthma symptoms**

**You may be used to taking a blue reliever inhaler when you get symptoms. But on a MART treatment plan, you can use your MART inhaler as your reliever too.**

**Your MART inhaler will quickly open your airways.**

Each time you use your MART inhaler as a reliever you also get a dose of **steroid preventer medicine**. This reduces the inflammation in your airways so you're less likely to react to your asthma triggers.

Always carry your MART inhaler with you so you can quickly take a reliever dose if you need it.

### **Use your MART inhaler if you have an asthma attack**

You can use your MART inhaler if you have an asthma attack. This is because it contains a long-acting bronchodilator called formoterol, which can act **quickly to open up the airways if you have an asthma attack.**

## **What to do if you have an asthma attack (MART)**

1. Sit up straight - try to keep calm.
2. Take one puff of your MART inhaler every 1 to 3 minutes up to six puffs.
3. If you feel worse at any point OR you do not feel better after six puffs call 999 for an ambulance.
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.
5. If your symptoms are not better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

If you do not have your MART inhaler with you and need to use a blue reliever inhaler, take one dose every 30-60 seconds up to a maximum of 10 puffs and call 999 for an ambulance.

## **Will I get side effects from my MART inhaler?**

All medicines can have side effects, but not everyone gets them.

The common side effects of MART are the same as the side effects of a separate preventer and reliever inhaler, or a combination inhaler.

Common side effects (may affect up to 1 in 10 people) include:

- thrush in your mouth or throat ([oral thrush](#))
- a hoarse voice.

You're less likely to get these side effects if you always rinse your mouth with water after taking your inhaler.

Less common side effects (may affect fewer than 1 in 100 people) include:

- quicker heartbeat, or heartbeats that are more noticeable (palpitations)
- trembling (shaking)
- feeling sick.