

Inhaled Corticosteroid Safety Information for Adults

Inhaled corticosteroid agents are very important in the treatment of respiratory conditions such as asthma and sometimes chronic obstructive pulmonary disease (COPD). They act by reducing inflammation and preventing symptoms from developing. Corticosteroid agents are also used for several conditions such as arthritis and hayfever. Generally, they are very safe and free from serious side effects when used in standard doses.

Inhaled corticosteroids can cause local side effects such as sore throat, hoarse voice or oral thrush when used regularly in the mouth. The risk of these side effects may be reduced by using a spacer device with certain inhalers (MDIs) that contain corticosteroids, and rinsing your mouth out with water after using such inhalers. Any side effects should be reported to your doctor.

Pharmacists use of inhaled corticosteroids are built to some bearing or bearing of the risks associated with their use. They may, however, reduce your ability to use corticosteroids when other uses, such as to treat asthma or osteoporosis, or to fight off some infections.

It is important that you are aware of the risks of using corticosteroids when you use them for any reason. Be sure to read the leaflet that comes with your inhaler and the safety information on the inhaler that you are using and also the information on the inhaler that you are using and also the information on the inhaler that you are using.

If you start to experience any of these symptoms, stopping taking, multiple washings of your mouth, and/or rinsing your mouth out with water after using your inhaler, and/or rinsing your mouth out with water after using your inhaler, and/or rinsing your mouth out with water after using your inhaler.

If you have any other questions, you should contact your doctor or pharmacist for more information. See your doctor urgently.



Developed by London Respiratory Network

High Dose ICS Safety Card

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Inhaled Corticosteroid Safety Information for Adults

Inhaled corticosteroid agents are very important in the treatment of respiratory conditions such as asthma and sometimes, chronic obstructive pulmonary disease (COPD). They act by reducing inflammation and preventing symptoms from developing. Corticosteroid sprays are also used for nasal conditions such as sinusitis and hayfever. Generally, they are very safe and free from serious side effects when used in standard doses.

Inhaled corticosteroids can cause local side effects such as sore throat, hoarse voice or oral thrush (sore white patches in the mouth). The risk of these side effects may be reduced by using a spacer device with aerosol inhalers (MDI's) that contain corticosteroids, and rinsing your mouth out with water (and spitting out) after using any corticosteroid inhaler. Prolonged use of inhaled corticosteroids may lead to easy bruising or thinning of the skin, especially in older people. Very rarely, higher doses of inhaled corticosteroids may temporarily reduce your body's ability to produce its own corticosteroids when under stress, such as in severe illness or undergoing surgery, or to fight off some infections (e.g. chickenpox).

If you become ill for any reason, be sure to alert the medical staff looking after you that you are using higher doses of inhaled corticosteroid as you may need additional corticosteroids. Ideally, carry the safety card attached to this information sheet with you at all times and show this to your medical team. Recorded on the safety card below are any inhaled corticosteroids that you should be currently taking.

If you start to experience any of these symptoms: worsening fatigue, muscle weakness, loss of appetite, unintentional weight loss, dizziness, unexplained nausea, vomiting and diarrhoea, go and see your general practitioner (GP), because they might be related to the inhaled corticosteroid you are taking. Do not stop taking your inhaled corticosteroid suddenly. If you have never had chickenpox, you should avoid close contact with people who have chickenpox or shingles. If you do come into contact with someone with these conditions, see your doctor urgently.

To be completed by healthcare professional and kept by you

High Dose Inhaled Corticosteroid Safety Card

Name: DOB:

I take: Strength:

MDI + Spacer / Accuhaler / Turbohaler /

At a dose of: puffs time(s) a day

I may be at risk of corticosteroid insufficiency when I am ill and supplementation should be considered.

Prescriber: Date:

Please peel off card

You have been given this safety card because you are taking a high dose of inhaled corticosteroid.

It is important that you do NOT stop using your inhaled corticosteroid suddenly, particularly if you have been taking this medication for more than 3 weeks.

Be sure to get your repeat prescription of your inhaler before it runs out.

Always carry this card with you and show it to your medical team if you become ill.

