Thank you for downloading!
The exercises in this pocket guide may help you breathe easier.
Follow these instructions to create your guide now.

1. Fold back.
2. Fold right.
3. Voilà!
4. Keep it in your pocket.

Practice

This information is provided for informational purposes only and is not a substitute for professional medical advice. You should not use the information in this document for diagnosing or treating a medical or health condition. You should consult a healthcare provider in all matters relating to your health and particularly with respect to any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information above is at your discretion.
Uses your diaphragm to move air in and out of your lungs, which may make breathing easier.

1. Lie down. Put a pillow under your head and another pillow under your knees.

2. Put one hand on your chest and your other hand on your stomach.

3. Breathe in through your nose. You should feel your stomach push up against your hand. Your chest should not move.

4. Breathe out slowly through pursed (almost closed) lips and pull in your stomach. Your chest should stay still.

1. Breathe in through your nose and slowly count to 2.

2. Purse your lips (keep them almost closed) and breathe out through your mouth as you slowly count to 4.

Now breathe normally.

Sit comfortably with your feet on the floor. Lean your head forward slightly.

Breathe in through your nose and slowly count to 2.

Purse your lips (keep them almost closed) and breathe out through your mouth as you slowly count to 4.

Exhale through your mouth and cough twice.

Uses your diaphragm to move air in and out of your lungs, which may make breathing easier.

May help when you’re short of breath.

Let’s your diaphragm move more easily and may help loosen mucus so you can clear your lungs and breathe more easily.

Talk to your doctor before doing these exercises as they may not be suitable for all patients. Please see Important Safety Information including Boxed Warning on the next page, and full Prescribing Information and Medication Guide at www.BROVANA.com.
Breathing Exercises for COPD

INDICATION
BROVANA® (arformoterol tartrate) Inhalation Solution is a medicine called a long-acting beta₂-agonist or LABA. BROVANA is used long term, twice a day (morning and evening), in controlling symptoms of chronic obstructive pulmonary disease (COPD) in adults with COPD. BROVANA is for inhalation use only through a standard jet nebulizer connected to an air compressor and should not be swallowed or injected.

IMPORTANT SAFETY INFORMATION

People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines such as BROVANA have an increased risk of death from asthma problems. It is not known if LABA medicines, such as BROVANA, increase the risk of death in people with COPD.

BROVANA does not relieve sudden symptoms of COPD and should not be used more than twice a day. Always have a short-acting beta₂-agonist with you to treat sudden symptoms.

Take BROVANA only as directed by your health care provider. If your COPD symptoms worsen over time, do not increase your dose of BROVANA. Instead, call your health care professional.

Get emergency medical care if your breathing problems worsen quickly or if you use your rescue inhaler medicine and it does not relieve your breathing problems.

Do not use BROVANA if:
• You have had a serious allergic reaction to arformoterol, formoterol, or any of the ingredients in BROVANA.
• Ask your health care provider if you are not sure
• You have asthma without using a long-term asthma control medicine

Tell your health care provider about all of your health conditions, including if you:
• Have heart problems
• Have high blood pressure
• Have seizures
• Have thyroid problems
• Have diabetes
• Have liver problems
• Are pregnant or planning to become pregnant
• Are breastfeeding

Tell your health care provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. BROVANA and certain other medicines may interact with each other. This may cause serious side effects.

BROVANA can cause serious side effects, including:
• Sudden shortness of breath immediately after use of BROVANA
• Increased blood pressure
• Fast or irregular heartbeat
• Serious allergic reactions, including rash; hives; swelling of the face, mouth, and tongue; and breathing problems. Call your health care provider or get emergency medical care if you get any symptoms of a serious allergic reaction.

Common side effects of BROVANA include: chest or back pain, diarrhea, sinus congestion, headache, tremor, nervousness, leg cramps, high blood potassium, shortness of breath, rash, fever, increased white blood cells, vomiting, tiredness, leg swelling, chest congestion or bronchitis. These are not all the side effects with BROVANA. Tell your health care provider if you get any side effect that bothers you or that does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

This information is not comprehensive.

How to get more information:
• Talk to your health care provider
• Visit www.BROVANA.com to obtain the FDA-approved product labeling
• Call 1-844-BROVANA

For additional information, please see the full Prescribing Information including Boxed Warning, and Medication Guide for BROVANA (arformoterol tartrate) Inhalation Solution, or visit www.BROVANA.com.

References:

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