

# Tropiturn F 12/18 Inhaler

**Formoterol 12 mcg + Tiotropium 18 mcg  
Inhaler**

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- Helps keep airways open for up to 24 hours, reducing breathlessness and improving airflow.
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## Product Description

Formoterol 12 mcg + Tiotropium 18 mcg Inhaler is a combination inhalation therapy used to manage Chronic Obstructive Pulmonary Disease (COPD), including chronic bronchitis and emphysema. It combines a long-acting beta2-agonist (LABA) and a long-acting muscarinic antagonist (LAMA), providing effective bronchodilation and long-term symptom control.

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## Indications

- **COPD: Maintenance treatment** for patients with chronic bronchitis and/or emphysema.
- **Symptom Relief: Improves breathing,** reduces wheezing, and decreases the frequency of flare-ups or exacerbations.

*Note: Not indicated for the treatment of acute asthma attacks.*

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## Composition

Each inhalation delivers:

- **Formoterol Fumarate: 12 mcg (Long-Acting Beta2-Agonist)**
  - **Tiotropium Bromide: 18 mcg (Long-Acting Muscarinic Antagonist)**
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## Dosage & Administration

- **Recommended Dose: One inhalation,** twice daily or as directed by a healthcare provider.
  - **Administration:**
    - Shake the inhaler well before each use.
    - Exhale fully, place the mouthpiece in your mouth, and inhale deeply while pressing down on the inhaler.
    - Hold your breath for 5-10 seconds before exhaling slowly.
    - Rinse your mouth after use to avoid irritation and oral infections.
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## Mechanism of Action

1. **Formoterol Fumarate (12 mcg):**
    - A long-acting beta2-agonist that works by relaxing airway muscles and expanding air passages.
    - Provides quick and long-lasting relief (up to 12 hours) by improving airflow.
  2. **Tiotropium Bromide (18 mcg):**
    - A long-acting muscarinic antagonist (anticholinergic) that inhibits bronchoconstriction by blocking acetylcholine receptors.
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## Key Benefits

✓ **Dual Mechanism: Combines LABA and LAMA for enhanced bronchodilation.**

- ✓ **Long-Lasting Relief: Controls COPD symptoms for up to 24 hours.**
  - ✓ **Reduces Exacerbations: Helps decrease the frequency and severity of COPD flare-ups.**
  - ✓ **Improves Quality of Life: Enhances lung function, making daily activities easier.**
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## Precautions

- **Not for Acute Rescue Use: Use a short-acting bronchodilator for sudden breathing difficulties.**
  - **Avoid Overuse: Do not exceed the prescribed dose.**
  - **Medical Conditions: Inform your doctor if you have heart disease, high blood pressure, diabetes, or glaucoma.**
  - **Pregnancy & Breastfeeding: Use only if prescribed by a healthcare provider.**
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## Storage

- **Store below 25°C in a dry place.**
  - **Keep away from direct sunlight and moisture.**
  - **Keep out of reach of children.**
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## Possible Side Effects

- **Common: Dry mouth, headache, cough, dizziness, throat irritation, and nausea.**
- **Less Common: Palpitations, tremors, muscle cramps, or blurred vision.**
- **Serious: Difficulty urinating, chest pain, or signs of allergic reactions (swelling, rash, or difficulty breathing).**

**If side effects persist or worsen, seek medical attention promptly.**

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## Disclaimer

**This medication should be used strictly under the guidance of a healthcare professional. It is not a substitute for emergency treatment or professional medical advice.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,  
Panchkula-134113

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