

PACKAGE LEAFLET: INFORMATION FOR THE USER

Medical Helium Helium 99.95 %, Medicinal gas. compressed

Read all of this leaflet carefully before you start using this medicine.

- Keep this leaflet as you may need to read it again.
- If you have further questions, ask your healthcare professional (doctor, nurse or pharmacist).
- This medicine has been prescribed for you.
- Do not pass it on to others as it may harm them, even if their symptoms are the same as yours.
- If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your healthcare professional immediately.

This leaflet gives you information about:

1. What is Medical Helium and what is it used for
2. Things to consider before use
3. How to use Medical Helium
4. Possible side effects
5. How to store Medical Helium cylinders
6. Further Information

1. WHAT IS MEDICAL HELIUM AND WHAT IS IT USED FOR

Medical Helium is a medicinal gas, supplied in cylinders filled to a high pressure.

Medical Helium is a very light gas and flows through openings in the lungs with obstructions much more easily than other medical gases. Medical Helium will always be given to you with Medical Oxygen.

Medical Helium is used:

- to help the flow of Oxygen into the lungs if you are suffering from breathing diseases such as bronchitis
- to assist you to breathe if part of the lung fails to expand
- with other medical gases for lung function testing
- to prevent the collapse of lung tissue in certain conditions.

2. THINGS TO CONSIDER BEFORE USE

Medical Helium is only given to you in a hospital or clinic under the supervision of a healthcare professional. Ensure that your healthcare professional is aware of any medical conditions that you may have.

Pregnancy and breast-feeding

Medical Helium will not affect you or your baby if used during pregnancy or whilst breast-feeding.

Driving and using machines

You may drive and use machines after using Medical Helium providing that your healthcare professional considers that you are both fit and capable.

3. HOW TO USE MEDICAL HELIUM

Instructions for use

Your healthcare professional will ensure that your Medical Helium supply is suitable for your use and that the equipment has been set up correctly so that you receive the right amount of gas.

When you are given your Medical Helium, it will be mixed with Medical Oxygen and possibly other medical gases. It will be supplied via a facemask or a mouthpiece with a nose clip placed over your nose.

If you have any further questions on how this product is used, ask your healthcare professional.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Medical Helium may cause side effects although not everybody gets them.

Medical Helium will cause breathing difficulties if it is given to you with too little or no Medical Oxygen. This can eventually result in unconsciousness or death.

There are no side effects when Medical Helium is administered correctly with an adequate supply of Medical Oxygen (at least 21%).

As your healthcare professional is responsible for administration of the gas mixture, they will immediately stop the supply of Medical Helium if you have not been given enough Medical Oxygen.

Reporting of side effects

If you experience any of these side effects, or if you notice any side effects not listed in this leaflet, contact your healthcare professional immediately. You can also report side effects directly via HPRa Pharmacovigilance Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE MEDICAL HELIUM

Expiry date

Medical Helium should not be used after the expiry date stated on the batch label on the cylinder.

Product should be used in strict rotation so that cylinders with the earliest filling date are used first

Cylinder storage

Cylinders should be securely stored, in a well ventilated, dry and clean area, away from oils, greases, flammable materials and sources of extreme temperature.

The healthcare professional in the hospital or clinic will be responsible for making sure the cylinders are stored correctly.

DO NOT SMOKE or have a naked flame near your Medical Helium cylinder.

NEVER use oil based moisturising creams with your cylinder equipment.

6. FURTHER INFORMATION

What Medical Helium contains

Your Medical Helium cylinder contains 99.95% Helium. There are no other ingredients

Medical Helium cylinders

Medical Helium is supplied in the following size cylinders:

Cylinder Size	Cylinder Content (Litres)
F	1200

Medical Helium cylinders are colour coded brown.

All cylinders require separate pressure regulators to be fitted to the cylinder valves before use.

Marketing Authorisation Holder and Manufacturer

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