

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using Heliox<sup>28</sup>?

Heliox<sup>28</sup> is a gas mixture containing the active ingredients 28% oxygen and 72% helium. Heliox<sup>28</sup> helps oxygen flow into your lungs when your airway is blocked or narrowed.

For more information, see Section [1. Why am I using Heliox<sup>28</sup>?](#) in the full CMI.

### 2. What should I know before I use Heliox<sup>28</sup>?

Do not use Heliox<sup>28</sup> if you have ever had an allergic reaction to or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Heliox<sup>28</sup>?](#) in the full CMI.

### 3. What if I am taking other medicines?

There are no reports of interaction of Heliox<sup>28</sup> with other medicines.

### 4. How do I use Heliox<sup>28</sup>?

Heliox<sup>28</sup> is administered via a facemask or cannula connected to a gas cylinder. It should only be used under the supervision of your doctor or health professional. They will decide how long and how much Heliox<sup>28</sup> you need and ensure the equipment is connected correctly.

More instructions can be found in Section [4. How do I use Heliox<sup>28</sup>?](#) in the full CMI.

### 5. What should I know while using Heliox<sup>28</sup>?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>Tell your doctor or health professional if you feel Heliox<sup>28</sup> is aggravating your condition.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>Do not use Heliox<sup>28</sup> without the supervision of your doctor or health professional.</li><li>Do not smoke, have a naked flame near or use oil-based products with your Heliox<sup>28</sup> gas cylinder or equipment.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>Heliox<sup>28</sup> has <b>not</b> been found to influence the ability to drive or use machinery.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>Take care when using Heliox<sup>28</sup> as it is stored under high pressure in gas cylinders.</li><li>Cylinders should be restrained upright in a secure, well-ventilated space below 65°C.</li><li>Return the gas cylinder to BOC when you no longer need to use this medicine.</li></ul>

For more information, see Section [5. What should I know while using Heliox<sup>28</sup>?](#) in the full CMI.

### 6. Are there any side effects?

Heliox<sup>28</sup> will cause your voice to sound high-pitched. This effect will stop after you finish breathing the gas and take a few normal breaths of air. Prolonged use may cause dryness in your mouth and nose.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# Heliox<sup>28</sup>

Active ingredient(s): 28% v/v Oxygen, O<sub>2</sub> and 72% v/v Helium, He

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Heliox<sup>28</sup>. **You should also speak to your doctor if you would like further information or if you have any concerns or questions about using Heliox<sup>28</sup>.**

Where to find information in this leaflet:

- [1. Why am I using Heliox<sup>28</sup>?](#)
- [2. What should I know before I use Heliox<sup>28</sup>?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Heliox<sup>28</sup>?](#)
- [5. What should I know while using Heliox<sup>28</sup>?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

### 1. Why am I using Heliox<sup>28</sup>?

Heliox<sup>28</sup> contains the active ingredients oxygen and helium.

Heliox<sup>28</sup> is a very light gas mixture and helps oxygen flow into your lungs when your airway is blocked or narrowed e.g. bronchitis or asthma.

Heliox<sup>28</sup> is supplied in high pressure gas cylinders and is given to you in a hospital or clinic under supervision of a doctor or health professional.

### 2. What should I know before I use Heliox<sup>28</sup>?

#### Warnings

Do not use Heliox<sup>28</sup> if:

- you are allergic to Heliox<sup>28</sup> or any of the ingredients listed at the end of this leaflet.
- you have the following conditions, as the properties of Heliox<sup>28</sup> can aggravate them;
  - Artificial, traumatic or spontaneous collapsed lung.
  - Sub-cutaneous emphysema

**Check with your doctor if you:**

- have any other medical conditions
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

## Pregnancy and breastfeeding

Tell your doctor if you are pregnant as use of Heliox<sup>28</sup> during pregnancy is not recommended unless clearly necessary.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

## Medical Gases Under Pressure

- Heliox<sup>28</sup> contains oxygen which supports combustion and increases the chance of fire.
- DO NOT SMOKE or have a naked flame near your Heliox<sup>28</sup> gas cylinder.
- Care should be taken when using Heliox<sup>28</sup> as it is stored under high pressure in gas cylinders.
- DO NOT use if the cylinder appears damaged or shows signs of tampering.
- DO NOT use if the tamper evident plastic seal has been removed on receipt from supplier.
- NEVER use oil-based moisturising creams with your oxygen cylinder equipment e.g. Vaseline.
- If using alcohol gels allow plenty of time for the alcohol gel to dry before handling your cylinder equipment.
- It is recommended to store the cylinder upright on a flat surface and secured so that it will not fall over.
- Never place the cylinder on a bed when it is in use, for risk of oxygen enrichment of your bed linen.
- Always refer to product labelling and the safety data sheet on [www.boc.com.au](http://www.boc.com.au) for storage and handling information.
- Please discuss these points with your doctor or health professional if you have any questions.

### 3. What if I am taking other medicines?

There are no reports of interaction of Heliox<sup>28</sup> with other medicines.

### 4. How do I use Heliox<sup>28</sup>?

#### How much to take / use

- Heliox<sup>28</sup> should only be used under the supervision of your doctor or health professional. They will decide for how long and how much Heliox<sup>28</sup> you need.

#### How to use Heliox<sup>28</sup>

- Heliox<sup>28</sup> is administered to you as you breathe in through a face mask or cannula.
- Either you breathe by yourself (spontaneously) or you are helped to breathe by means of a respirator/ventilator.

- All Heliox<sup>28</sup> cylinders have a built-in pressure regulator that will allow connecting equipment easily.
- Check the pressure contents gauge before you use your cylinder to make sure there is enough gas for therapy.
- Only open the valve when you need gas - make sure that you turn the valve off when you have finished using the cylinder.

## 5. What should I know while using Heliox<sup>28</sup>?

### Things you should do

#### Call your doctor straight away if:

- You find the use of Heliox<sup>28</sup> is aggravating your condition and therapy may need to stop.

### Driving or using machines

Heliox<sup>28</sup> has **not** been found to influence ability to drive or use of machinery.

### Looking after your medicine

- Cylinders should be restrained upright in a secure, well-ventilated space below 65°C.
- Refer to product labelling and safety data sheet on [www.boc.com.au](http://www.boc.com.au).

**Keep your Heliox<sup>28</sup> cylinder where young children cannot reach it.**

### When to discard your medicine

There is no shelf-life on the contained product therefore there is no expiry date listed on the product.

Gas cylinders are however subject to periodic inspection and testing at varying intervals depending on their specification as defined in Australian Standard AS 2030.5. Provided the cylinder has been subjected to normal conditions of use and has not been abused or treated in a way to render the cylinder unsafe, there is no general requirement for the user to return a cylinder before the gas contents have been used, even though the cylinder test interval may have lapsed.

All cylinders are the property of BOC and are returnable.

### Getting rid of any unwanted medicine

If you no longer need to use this medicine, please return the cylinder to BOC.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor if you have any further questions about side effects.

## Less serious side effects

Less serious side effects	What to do
High pitched voice. (This will disappear shortly after using the gas) Dryness in mouth or nose. Decrease in body temperature.	<b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

## Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available under a doctor's supervision.

### What Heliox<sup>28</sup> contains

<b>Active ingredient (main ingredient)</b>	28% v/v Oxygen, O <sub>2</sub> and 72% v/v Helium, He
<b>Other</b>	Carbon dioxide - 300ppm v/v max Carbon monoxide - 5ppm v/v max Hydrocarbons as Methane – 1 ppm v/v max Water (vapour)- 67ppm v/v max

**Do not take this medicine if you are allergic to any of these ingredients.**

### What Heliox<sup>28</sup> looks like

Heliox<sup>28</sup> is a clear, colourless, odourless gas, supplied in white cylinders with a brown (helium) and white (oxygen) cylinder shoulder in 4 off 90° Sectors (quadrants) as determined by Australian Standard: *AS:4484 Gas cylinders for industrial, scientific, medical and refrigerant use - Labelling and colour coding*.

Medical gas cylinders are supplied with product specific pin-indexed valves as per Australian Standard: AS: 2473.3 Valves for compressed gas cylinders Part 3: Outlet connections for medical gases (including pin-indexed yoke connections)

The contents of a gas cylinder are identified primarily by the labelling on the cylinder. Labels on a gas cylinder should always be consulted prior to use.

Heliox<sup>28</sup> is registered as

Aust R 90662.

HELIOX 28 oxygen/helium 28/72% v/v medical gas mixture

### **Who distributes Heliox<sup>28</sup>**

BOC Ltd

10 Julius Ave

North Ryde NSW 2113

This leaflet was prepared in December 2025