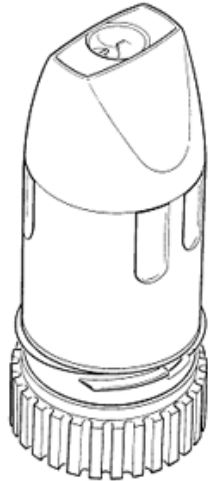


HOW TO USE A Flexhaler™ Dry Powdered Inhaler

A Flexhaler™ is one way of giving inhaled medications. It is breath activated, which means that when you inhale, the Flexhaler™ automatically releases the medication. The small size and effective delivery of medicine make the Flexhaler™ an excellent method for taking medication for many people. However, it does require some coordination and generally does not work well for young children.



When Using a New Flexhaler™:

1. Remove the cap from the Flexhaler™ by unscrewing the cap.
2. Hold the Flexhaler™ upright with the mouthpiece up.
3. Turn the brown bottom of the Flexhaler™ all the way in one direction as far as it will go and then back all the way in the other direction as far as it will go. You will hear it click.
4. Repeat steps 2-3.
5. You only will do this the first time that you use a new Flexhaler™.



Taking an Inhaled Treatment:

1. Remove the cap from the Flexhaler™ by unscrewing the cap.
2. Hold the Flexhaler™ upright with the mouthpiece up.
3. Turn the brown grip all the way in one direction as far as it can go and then back all the way in the other direction as far as it can go. You will hear it click. The medication is now loaded. (Do not turn the Flexhaler™ upside down or shake it as the medicine could fall out).
4. Breathe out, but not into the Flexhaler™.
5. Seal your lips around the mouthpiece.
6. Inhale (breathe in) quickly and deeply. Hold your breath for about 10 seconds. Even when you take a full dose of medication, there may be no taste and no feeling of having inhaled a medication.
7. Breathe normally.
8. Repeat steps 2-7 when more than one puff is ordered.
9. After you are through with the inhalation(s), rinse your mouth and spit out the water.
10. Replace the cap. Store your Flexhaler™ in a clean, dry place.

Do Not:

- Blow into the Flexhaler™
- Get the Flexhaler™ wet.
- Turn the Flexhaler™ upside down after you have “loaded” it. The medication may fall out.
- Chew or bite on the mouthpiece.

Knowing When the Flexhaler™ is Empty:

Check your Flexhaler™ to see how many doses are in it. The Flexhaler™ will start with either 120 or 60 doses. It has a dose counter that will tell you approximately how many doses are left, but will not give you an exact number. The dose counter goes down by one each time a dose is loaded. Your Flexhaler™ is empty of medicine when the number 0 on the red background has reached the middle of the window.



