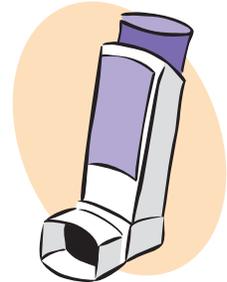




Using an inhaler

One way to take asthma medicine is with an inhaler. It sends the medicine directly to your lungs. It is important to always take your medicine as directed by your doctor. If you use more than one inhaler, ask your doctor which order you should take them in.

TIP: Some inhalers are quick-relief (rescue) medicines that you use only when you have asthma symptoms. Others are controller medicines that you take every day to prevent symptoms. Make sure you know which inhaler is which.



Most inhalers look like this

Follow these simple steps:

First

- Remove the cap while holding the inhaler upright.
- Then shake the inhaler gently but well.

Second

- Stand up or sit up straight and tilt your chin up.
- Breathe out completely through your mouth.
- Then place the mouthpiece of the inhaler in your mouth. Make sure your tongue doesn't block the opening of the mouthpiece.

Third

- Push down once on the top of the inhaler, while starting to take in a slow, deep breath.
- Hold your breath and count to 10.
- Remove the mouthpiece from your mouth and breathe out slowly.
- Most medicines require 2 puffs. If your medicine does, wait 1 minute and repeat the steps above.
- Replace the cap when finished.
- If your inhaler is a corticosteroid medicine, rinse your mouth and throat with water after use.

Cleaning your inhaler

Remove the medicine container from the plastic mouthpiece. Clean the plastic mouthpiece and cap at least once a day. Rinse them with warm, running water and dry completely. Then re-attach the medicine container with a gentle twist.

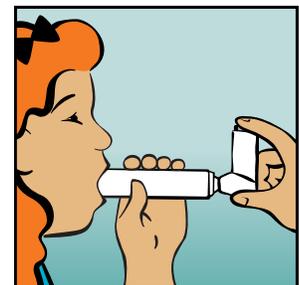
TIP: Some people find it easier to inhale the medicine if they hold the mouthpiece about 2 inches away from their open mouth. Other people find a spacer helpful. Ask your doctor or pharmacist for help if you are having trouble using your inhaler.



Inhaler in the mouth



Inhaler 2 inches away from the mouth



Inhaler with a spacer

