



How to Use a Dry Powder Inhaler

Flexhaler®

Before Using a New Flexhaler:

1. Twist the cover and lift it off. Hold the Flexhaler with the mouthpiece pointing up.
2. Twist the brown grip to the right as far as it will go and then back to the left. You will hear a click. The device is now primed and ready to use.

Loading a Dose of Medicine:

1. Twist the cover and lift it off.
2. Hold the Flexhaler with the mouthpiece pointing up to load the medicine correctly into the chamber.
3. Twist the brown grip to the right as far as it will go and then back to the left. You will hear a click. The device is now ready to use.

Breathing in the Medicine:

4. Turn your head away from the Flexhaler. Gently breathe out as much air as you can.
5. Seal your lips around the Flexhaler mouthpiece. Be sure to hold the inhaler in a horizontal position.
6. Breathe in deep and steady through your mouth. Remove the Flexhaler from your mouth.
7. Hold your breath for 5 to 10 seconds—or for as long as you comfortably can, with your mouth closed. Then resume normal breathing. Rinse your mouth with water and spit it out.
8. If more than one dose is prescribed, repeat steps 1 through 7 for each dose.
9. After you have finished taking a treatment, place the cover on the Flexhaler and twist it completely closed. This will keep it clean and dry.

Additional Inhaler Tips:

1. The Flexhaler has a dose indicator on the barrel of the inhaler. It counts down the number of doses as you use them.
2. When a red mark appears in the dose indicator window, there are 20 doses left. As soon as you see the red mark, refill your prescription. When the "0" appears in the dose indicator window, throw away the Flexhaler and start a new one.
3. Keep the Flexhaler closed when not in use. Store the Flexhaler in a cool dry, place.
4. If the mouthpiece gets dirty, wipe it with a cloth.