

How to Use Your Aerospan®

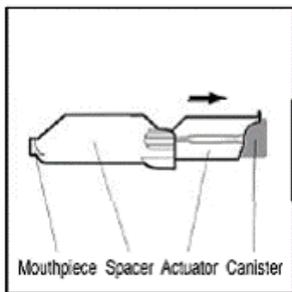
What do I need to know about this inhaler before first use?

This inhaler is made of 3 parts:

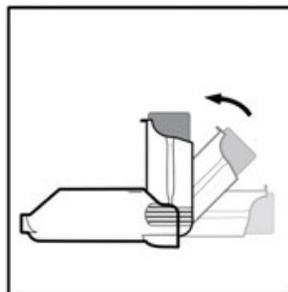
- Medicine canister
- Canister holder (purple)
- Spacer (gray)
- Do not separate the canister holder from the spacer.
- Do not use the canister holder and spacer with any other medicine canisters.
- Do not use the medicine canister with any medicine holders from other inhalers.
- Do not use this inhaler with any other spacers.



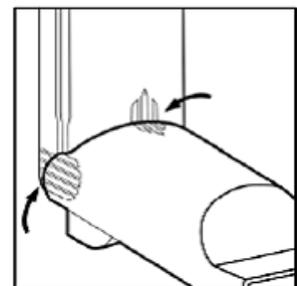
How do I open and position this inhaler for first use?



1. Pull the canister holder out from the spacer.



2. Grip the spacer. Pull the lip at the top of the medicine canister. Snap the inhaler into an "L" shape.



3. Make sure the guide lines on the canister holder and spacer line up. The inhaler is now ready to use.

Updated: 10/7/2016



ZUCKERBERG
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Healthy
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How to Use Your Aerospan®

1. Open and position your inhaler. Pull the canister holder out from the spacer. Snap into an “L” shape.
2. Shake the inhaler 10 times.
3. Stand up or sit up straight. Breathe out all the way.
4. Seal your lips tightly around the mouthpiece.
5. As you start breathing in, press down on the canister one time. Keep breathing in SLOWLY (3-5 seconds) and DEEPLY through your mouth.
6. When your lungs are full take the inhaler out of your mouth.
7. Hold your breath for 10 seconds or as long as you can.
8. Breathe out slowly.
9. If you need to take another puff of medicine, wait 1 minute and repeat steps 2-8.



After using steroid inhalers like Aerospan®:

- Rinse your mouth
- Gargle
- Spit the water out
- DO NOT SWALLOW THE WATER

Updated: 10/7/2016

Aerospan® Tips

What is priming?

- Priming gets your inhaler ready to release full doses of medicine.

When do I prime my inhaler?

- Prime your inhaler when it is brand new or has not been used in 2 weeks.

How do I prime my inhaler?

1. Open and position your inhaler. Pull the canister holder out from the spacer. Snap into an “L” shape.
2. Shake the inhaler 10 times.
3. Point the mouthpiece away from you.
4. Push down on the canister 2 times to release 2 sprays.

**Talk to your health care provider
if you have questions
about your Aerospan®.**

Updated: 10/7/2016

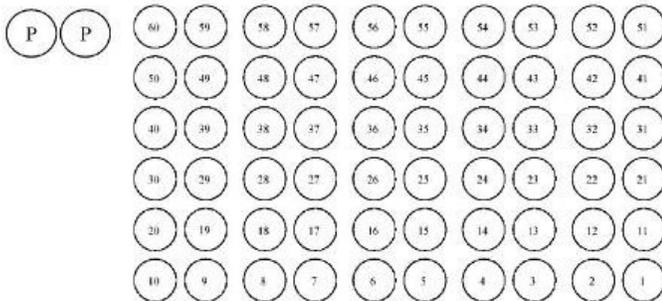
Aerospan® Tips

How do I know when I need a refill?

- When this inhaler is brand new, it has either 60 or 120 doses.
- This inhaler does not have a dose counter. Track your doses so you know when your inhaler is running low and you need a refill.
- Since this inhaler is to be used regularly, you can track your doses by using either one of these methods:
 1. Divide the starting number of doses by the number of doses used per day. This gives you the number of days your inhaler will last. Mark your calendar when your inhaler runs out. About 5 days before this date, contact your pharmacy to get a refill.
 2. Use a check off chart.
 - If your canister has 60 sprays, use the Aerospan® 60 sprays check off chart.
 - If your canister has 120 sprays, use the Aerospan® 120 sprays check off chart.

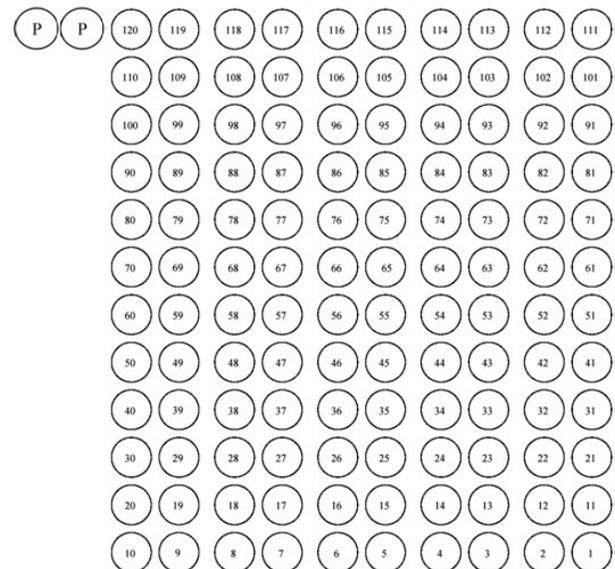
P = prime

Dosing Sprays



P = prime

Dosing Sprays



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