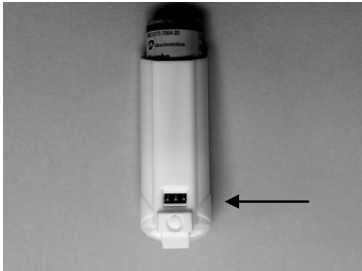
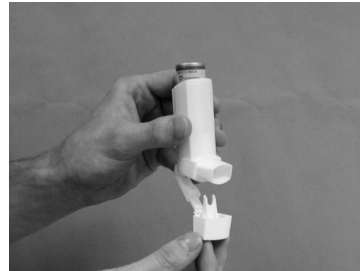


How to Use Your Mist Inhaler with a Closed Mouth



1) Check the dose counter before each use.



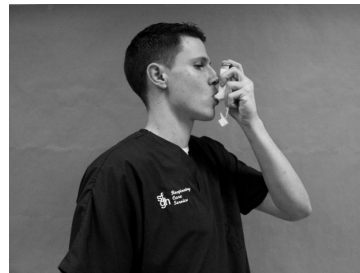
2) Take off the cap.



3) Shake the inhaler 10 times.



4) Stand or sit up straight. Breathe out all the way.



5) Seal your lips tightly around the mouthpiece. As you start breathing in, press down on the canister one time. Keep breathing in SLOWLY and DEEPLY (3-5 seconds) through your mouth.



6) When your lungs are full take the inhaler out of your mouth. Hold your breath for 10 seconds or as long as you can. Breathe out normally.



7) If you need to take another puff of medicine, wait one minute. Then repeat steps 3-6.

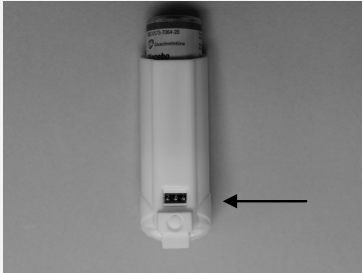


8) Put the cap back on.

After using inhalers with steroids:

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

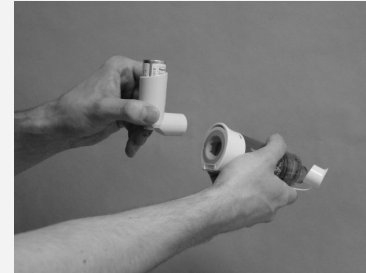
How to Use Your Mist Inhaler with a Spacer



1) Check the dose counter before each use.



2) Take off the cap.



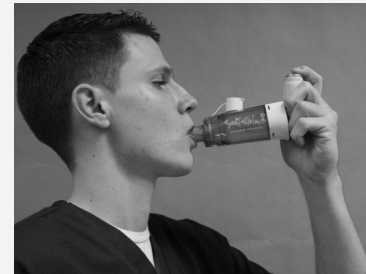
3) Put the mouthpiece into the back of the spacer.



4) Shake the inhaler 10 times.



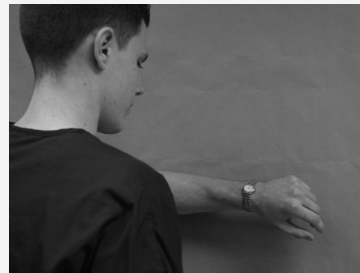
5) Stand or sit up straight. Breathe out all the way.



6) Seal your lips tightly around the spacer mouthpiece. Press down on the canister one time. Breathe in SLOWLY and DEEPLY (3-5 seconds) through your mouth.



7) When your lungs are full take the spacer out of your mouth. Hold your breath for 10 seconds or long as you can. Breathe out slowly.



8) If you need to take another puff of medicine, wait one minute and repeat steps 4-7.

- If you hear a high-pitched whistling sound as you breathe in, you are breathing in too fast. You should not hear any whistling sounds as you breathe in.

After using inhalers with steroids:

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

Mist Inhaler Tips

What is priming?

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

When do I prime my inhaler?

- Prime your inhaler before you use it for the first time or if it has not been used for a period of time.
- Use the chart below to find out how many sprays you need to prime your inhaler with.

Short-Acting Inhalers	Atrovent® HFA	Pro Air® HFA	Proventil® HFA	Ventolin® HFA	Xopenex® HFA
Number of sprays before first use	2	3	4	4	4
Number of sprays after period of no use	3 after 2 weeks	4 after 2 weeks	4 after 2 weeks	4 after 3 days	2 after 3 days
Controller Inhalers	Advair® HFA	Dulera® HFA	Flovent® HFA	QVAR® HFA	Symbicort® HFA
Number of sprays before first use	4	4	4	2	2
Number of sprays after period of no use	2 after 4 weeks	4 after 5 days	1 after 1 week	2 after 10 days	2 after 1 week

How do I prime my inhaler?

1. Remove the cap and shake the inhaler 10 times.
2. Point the mouthpiece away from you.
3. Push down on the canister to release a spray.



If you have questions about priming your mist inhaler, talk to your health care provider.

Updated: 4/14/2016

Mist Inhaler Tips

How do I care for my mist inhaler and spacer?

- Keep your inhaler at room temperature.
- Before use, make sure the inhaler and spacer mouthpieces are clean and not blocked.



Clean the inhaler once a week to keep it from getting clogged:

- 1) Take off the cap.
- 2) Take the canister out of the mouthpiece.
- 3) Rinse the mouthpiece with warm water.
- 4) Shake off the extra water.
- 5) Let the mouthpiece air-dry over night.
- 6) Put the canister back into the mouthpiece for use.

Clean the spacer once a week:

- 1) Take off the rubber end that holds the inhaler.
- 2) Fill a sink or deep bowl with warm, soapy water.
- 3) Place both pieces in warm, soapy water and gently shake both pieces back and forth.
- 4) Rinse both pieces with water.
- 5) Shake off the excess water.
- 6) Let the tube air dry upright.

How do I know when I need a refill?

- If your inhaler has a dose counter, check it before each use.
- If your inhaler does not have a dose counter:
 - ◆ Find out how many doses your inhaler starts with when it is brand new.
 - ◆ For inhalers that you do not use on a regularly:
 - Keep track of how many doses you use. Subtract the number of doses used from the starting number of doses.
 - ◆ For inhalers that you use regularly:
 - Divide the starting number of doses by the number of doses used per day.
 - This give you the number of days your inhaler will last for. Make your calendar when your inhaler runs out.
- When you have 20 doses left in your inhaler, contact the pharmacy to get a refill.
- You can also talk to your pharmacy about getting automatic refills.

Updated: 4/14/2016