

How to Use Your Flexhaler®

- 1) Check the dose counter before each use.
- 2) Twist the cap off.
- 3) Hold the inhaler straight up. Twist the brown grip in one direction as far as it will go. Then twist the brown grip in the other direction as far as it will go. You will hear a “click” during one of the twists. This loads one dose of medicine for you to breathe in. DO NOT shake the inhaler.
- 3) Stand or sit up straight. Breathe out all the way. DO NOT breathe into the inhaler.
- 4) Hold the inhaler on its side. Seal your lips tightly around the mouthpiece.
- 5) Breathe in FAST and DEEP (1-2 seconds).
- 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 normally.
- 9) If more than one dose is prescribed, repeat steps 3-8.
- 10) Twist the cap back onto the inhaler.



*The Flexhaler® is a dry powder inhaler.
When you breathe in a dose,
you may or may not feel or taste
the medicine.*

After using steroid inhalers like the Flexhaler®:

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

Flexhaler® Tips

What is priming?

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

When do I need to prime the Flexhaler®?

- Prime this inhaler before you use it for the first time.

How do I prime the Flexhaler®?

- 1) Twist the cap off.
- 2) Hold the inhaler straight up. Twist the brown grip in one direction as far as it will go. Then twist the brown grip in the other direction as far as it will go. You will hear a “click” during one of the twists.
- 3) Repeat step 2. The inhaler is now primed. It is ready for loading your first dose of medicine.
- 4) You do not have to prime this inhaler again, even if you do not use it for a long period of time.

How do I care for my Flexhaler®?

- Keep this inhaler in a dry place with the cover tightly in place.
- Keep this inhaler at room temperature.
- Do not wash or take this inhaler apart.
- If the mouthpiece needs to be cleaned, wipe off with a dry cloth.

How do I know when I need a refill?

- The dose counter shows the number of doses left in the inhaler.
- When this inhaler is brand new, it has 120 doses.
- The dose counter counts down by 10 doses.
- When the dose counter reaches 20, contact the pharmacy to get a refill.
- When the dose counter reaches “0” it is empty. Throw it away.

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