

RESPIRATORY MEDICATION INHALER GUIDE

Effective use of the following inhalers:

- **Respimat®**
- **Metered Dose**
- **Diskus® (Accuhaler)**
- **Pressair®**
- **Ellipta**
- **HandiHaler**

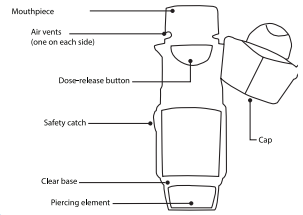
Respimat® Inhaler

Medication currently available in Respimat®: Spiriva®, Combivent®, Striverdi®, Stiolto®

Putting together and priming your inhaler:

Your Respimat® inhaler comes in two parts: a cartridge of medication and an inhaler.

1. Keep the cap closed, press safety catch on side of inhaler and pull off clear base. Insert the narrow end of the cartridge into the inhaler. Make sure it has gone in as far down as it will go.
Do not remove the cartridge once it has been inserted into the inhaler.
2. Put the clear base back onto the inhaler, then turn base in direction of the arrows until you hear a click.
3. Press dose release button. Close the cap and repeat three more times if needed until a cloud is seen. Date your inhaler to expire three months after the primed date.



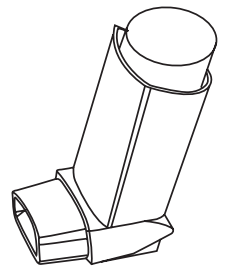
Using your Respimat® inhaler:

1. Keep cap closed. Turn base in direction of the arrows until you hear a click. Open cap. Your inhaler is now ready.
2. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
3. Take in a slow, deep breath and press the button. Keep breathing in slowly.
4. Hold your breath for 10 seconds, or as long as possible.
5. Remove inhaler from your mouth and breathe out slowly through your mouth. Close the cap.
6. If more than one dose is prescribed, repeat steps 1-5. **Turn-Open-Press.**

Metered Dose Inhaler

Medications currently available in MDI: Ventolin® HFA, ProAir® HFA, Proventil® HFA, Xopenex® HFA, Advair® HFA, Symbicort®, Dulera®, QVAR® HFA, Flovent®, Asmanex® HFA, Atrovent® HFA, Alvasco®

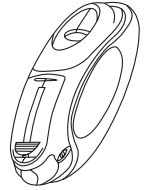
1. A spacer should ALWAYS be used when using an MDI.
2. Remove cap and shake inhaler for five seconds.
3. Place your inhaler in the back of the spacer.
4. Breathe out through your mouth.
5. Place the mouth piece of the spacer between your teeth and seal your lips around the mouth piece.
6. Push the top of the canister down and breathe in slowly and deeply through your mouth. **Spacer should not whistle!**
7. Hold your breath for 10 seconds or as long as comfortable.
8. Remove spacer from your mouth and breathe out slowly through your mouth.
9. If more than one dose is prescribed, wait at least 60 seconds and repeat steps 2-8.



Diskus® (Accuhaler)

Medication currently available in a Diskus®: Serevent®, Advair®, Flovent®

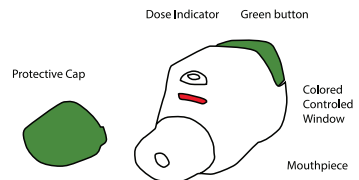
1. Hold the Diskus® in your left hand while pushing the thumb grip away with your right thumb, now the inhaler is ready.
2. Slide the lever away from you until you hear a click. **Do not shake the Diskus®!**
3. While holding the Diskus® level, turn your head away from the inhaler, and blow out completely. **Do not breathe into the Diskus®!**
4. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
5. Breathe in very fast and steady.
6. Hold your breath for 10 seconds, or as long as possible.
7. Remove the Diskus® from your mouth and breathe out slowly through your mouth.
8. Close the Diskus® by sliding thumb grip back towards you as far as it will go.
9. If more than one dose is prescribed, repeat steps 1-7.
10. Rinse your mouth. **Do not swallow!**



Pressair®

Medication currently available in Pressair®: Tudorza®

1. Remove the protective green cap by squeezing the arrows on the device.
2. Press and release the green button.
3. Check the control window to make sure your dose is ready, it should be green. If not, push the green button on the device again.
4. Turn your head away from the inhaler and blow out completely. **Do not breathe into inhaler!**
5. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
6. Breathe in quickly and deeply until you hear a click. Continue to inhale after you hear the click to receive the full dose.
7. Hold your breath for 10 seconds, or as long as possible. Remove inhaler from mouth.
8. Breathe out slowly through your mouth.
9. If the window is still green, replace steps 4-8.
10. Replace the green cap.



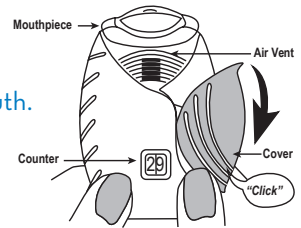
Important Information:

- Store inhalers in a dry place away from heat and sunlight.
- If you miss a dose, skip that dose and take the next dose at the scheduled time. Do not take two doses at once.

Ellipta® Inhaler

Medications currently available in Ellipta®: BREO™, Arnuity™, Incruse™, Anoro™

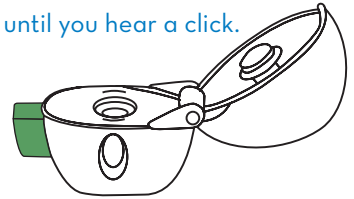
1. Slide the inhaler cover down until you hear a click. The inhaler is now ready to use. **Do not shake!**
2. Turn your head away from the inhaler, and blow out completely. **Do not breathe into the inhaler!**
3. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
4. Take one long, steady, deep breath in through your mouth. Do not block air vent with fingers.
5. Hold your breath for 10 seconds, or as long as possible.
6. Remove the inhaler from your mouth and breathe out slowly through your mouth.
7. Slide cover back into closed position.
8. Rinse your mouth. **Do not swallow!**



HandiHaler®

Medication currently available in HandiHaler®: Spiriva®

1. Pull the lid up away from the base of Handihaler® so the mouthpiece is showing.
2. Open the mouthpiece by pulling up and away from the base until the capsule chamber is seen.
3. Separate only one of the blisters from the foil pack and open it carefully to reveal the capsule.
4. Insert the capsule into the chamber.
5. Close the mouthpiece firmly back against the base until you hear a click.
6. Hold the device pointing up.
7. Press the green button one time. **Do not shake!**
8. Turn your head away from the inhaler and breathe out completely. **Do not breathe into the inhaler!**
9. Close your lips around the mouthpiece. Breathe in deeply until your lungs are full. You should feel or hear capsule vibrate.
10. Hold your breath for 10 seconds, or as long as possible. Remove the inhaler from your mouth and breathe out slowly through your mouth.
11. Take another breath in through mouth piece to ensure you receive the complete dose.
12. Repeat steps 8-11.
13. Open capsule chamber of the inhaler and dispose of used capsule. **Do not touch capsule once it's been pierced!**



Important Information:

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- If you miss a dose, skip that dose and take the next dose at the scheduled time. Do not take two doses at once.

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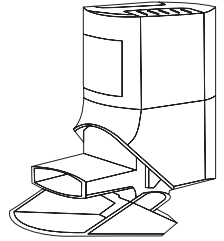
Effective use of the following inhalers:

- Respiclick®
- Twisthaler®
- Aerolizer
- Neohaler™
- Flexhaler®

Respiclick®

Medication currently available in Respiclick®: ProAir™

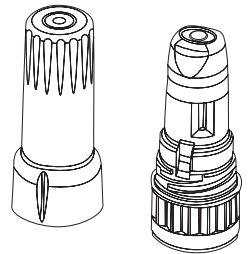
1. Make sure the cap is completely closed before each dose. **Do not shake!**
2. Hold the inhaler upright as you open the cap. You will hear a click when it is open all the way. Your inhaler is now ready.
3. Turn your head away from the inhaler and blowout completely.
Do not breathe into the inhaler!
4. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
5. Breathe in quickly and deeply.
6. Hold your breath for 10 seconds or as long as possible.
7. Remove inhaler from your mouth and breathe out slowly through your mouth.
8. Always close the cap after each use so your inhaler will be ready for your next treatment.
9. If more than one dose is prescribed, repeat steps 2-8.



Twisthaler®

Medication currently available in the Twisthaler®: Asmanex®

1. Hold the inhaler upright and twist the white cap counterclockwise and lift it off.
Do not shake!
2. Turn your head away from the inhaler and blow out completely.
Do not breathe into the inhaler!
3. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
4. Breathe in rapidly and deeply.
5. Hold your breath for 10 seconds, or as long as possible.
6. Remove inhaler from your mouth and breathe out slowly through your mouth.
7. Replace cap and turn clockwise until it clicks.
8. If more than one dose is prescribed, repeat steps 1-7.
9. Rinse your mouth. **Do not swallow!**



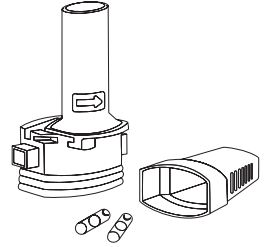
Important Information:

- Store inhalers in a dry place away from heat and sunlight.
- If you miss a dose, skip that dose and take the next dose at the scheduled time. Do not take two doses at once.

Aerolizer

Medication currently available in Aerolizer: Foradil®

1. Remove the outer cap.
2. Hold inhaler at the base and turn mouthpiece in direction of the arrow on the device.
3. Take one blister from the card. Peel away the paper backing from one. Then push the capsule through the foil.
4. Place the capsule into the compartment of the base of the inhaler. **Do not shake!**
5. Twist the mouthpiece to close.
6. Hold the inhaler with the buttons facing left and right, not up and down. **Only press one time!**
7. Turn your head away from the inhaler and blow out completely. **Do not breathe into the inhaler!**
8. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
9. Inhale quickly and deeply. You may hear the capsule vibrate.
10. Hold your breath for 10 seconds or as long as possible, then breathe out slowly.
11. Remove the inhaler from your mouth and breathe out slowly through your mouth.
12. Remove empty capsule from the base and throw away.
13. Replace the outer cap when finished.



Neohaler™

Medication currently available in Neohaler™: Arcapta™

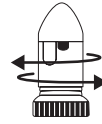
1. Remove top cover cap.
2. Tilt the mouthpiece back to open the capsule chamber.
3. Take one blister and peel away the backing to expose the foil. With dry hands, remove the capsule from the blister.
4. Place the capsule into the capsule chamber. Close the inhaler mouthpiece. You should hear a click.
5. Hold the inhaler upright. Push both buttons on each end of inhaler until you hear a click, then release.
6. Turn your head away from the inhaler and blow out completely. **Do not breathe into the inhaler!**
7. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
8. Hold the inhaler with the buttons facing the left and right (not up and down).
9. Breathe in rapidly and steadily, as deeply as you can.
10. Hold your breath for 10 seconds or as long as possible.
11. Remove inhaler from your mouth and breath out slowly through your mouth.
12. Discard capsule from base of the inhaler, if not empty, and repeat steps 6-11.



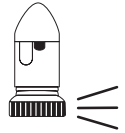
Flexhaler®

Medications currently available in Flexhaler®: Pulmicort™

1. Hold the inhaler upright and twist the cap counter-clockwise to remove it.
2. Holding the inhaler in the middle, twist the brown grip on the bottom in one direction until it stops. Then, turn it back until it clicks.
3. Turn your head away from the inhaler and blow out completely.
Do not breathe into the inhaler! Do not shake the inhaler!
4. Place the mouthpiece between your teeth and seal your lips around the mouthpiece.
5. Breathe in deeply and forcefully.
6. Hold your breath for 10 seconds or as long as possible.
7. Remove the inhaler from your mouth and breathe out slowly through your mouth.
8. If more than one dose is prescribed, wait at least one minute and repeat steps 2-7. Then, rinse your mouth. ***Do not swallow!***



Twist



Click

Important Information:

- Store inhalers in a dry place away from heat and sunlight.
- If you miss a dose, skip that dose and take the next dose at the scheduled time. Do not take two doses at once.