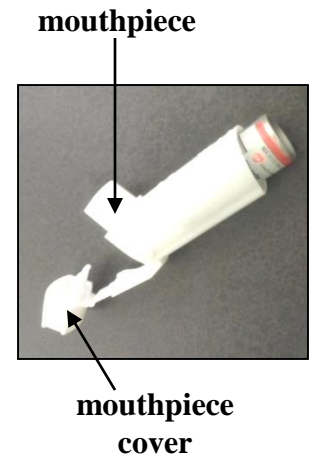


Proper Inhaler Technique

1. Wash your hands.
2. Remove the mouthpiece cover.
3. Look into the mouthpiece to make sure it is clean.
4. Shake the inhaler vigorously.
5. To open your airway, sit or stand straight up. Also, look up where the ceiling and the wall meet.
6. Exhale fully.
7. Place the inhaler into your mouth.
8. While inhaling slowly, press down on the metal canister one time.
9. Hold your breath for 10 seconds if possible.
10. Slowly breathe out through pursed lips.
11. Wait one minute to allow the medicine to work.
12. Repeat steps 3-10 for the second puff.
13. Replace the cap onto the mouthpiece.
14. To prevent hoarseness and infections, rinse mouth with water, gargle and spit. Try not to swallow the water.



Question: How often should I clean my inhaler?

Answer: At least once a week

1. Pull the metal medicine canister out of the plastic part of the inhaler. Then, set it aside away from water.
2. Do not try to clean the metal medicine canister. It should not get wet. The inhaler may stop spraying if it is not cleaned correctly.
3. Remove the mouthpiece cover.
4. Wash the plastic parts of the inhaler under warm water for 30 seconds.
5. When done washing, shake off as much water as you can.
6. Let the plastic parts air-dry completely on a paper towel, preferably overnight.
7. When the plastic parts are dry, put the metal medicine canister in the plastic piece and make sure it fits firmly.
8. Shake the inhaler well and spray it once into the air away from your face.
9. Put the cap back on the mouthpiece.

Plastic parts metal medicine canister

