

# HOW TO USE A Dry Powder Inhaler – Flexhaler®



A Flexhaler® is an inhaler shaped like a small rocket. It delivers pre-set doses of medicine in powder form. The medicine gets to your airways when you take a deep, fast breath in from the inhaler. To keep your asthma under control, it is important to take your medicine as prescribed by your doctor or other health care professional and to use the proper technique to deliver the medicine to your lungs. If you don't use your inhaler correctly, you won't get the medicine you need.

Here are general steps for how to use and clean a Flexhaler®. Be sure to read the instructions that come with your inhaler. Ask your doctor, pharmacist, or other health care professional (such as nurse practitioner, physician assistant, nurse, respiratory therapist, or asthma educator) to show you how to use your Flexhaler®. Review your technique at each follow-up visit.

**First Use:** Prime the Flexhaler® before using it the first time. To prime it, remove the cover and twist the bottom of the device as far to the right as it will go, then twist to the left as far as it will go until you hear a click. Repeat this step one more time. Your Flexhaler® is now ready for use and does not need to be primed again.

#### Regular Use:

1. Hold the Flexhaler® with the mouthpiece up. Remove cover and twist the bottom as far to the right as it will go, then to the left as far as it will go until you hear a click. This will load a dose of medicine. Do **not** shake the inhaler.
2. Stand up or sit up straight.
3. Take a deep breath in and blow out completely to empty your lungs. Do **not** blow into the inhaler.
4. Place the mouthpiece of the inhaler in your mouth and close your lips around it to form a tight seal.
5. Take a fast, deep, forceful breath in through your mouth.
6. Hold your breath and count to 10.
7. Take the inhaler out of your mouth. Breathe out slowly, facing away from the inhaler.
8. If you are supposed to take more than 1 inhalation of medicine per dose, wait 1 minute and repeat steps 2 through 7.
9. When you finish, put the cover back on the Flexhaler®.
10. If using an inhaled corticosteroid, rinse out your mouth with water and spit it out. Rinsing helps to prevent an infection in the mouth.
11. Store the Flexhaler® in a cool, dry place (not in the bathroom).

**Note:** A Flexhaler® has a built-in counter to tell you how many doses are left. When the counter gets to “0,” throw it away. Be sure to get a refill of your inhaler before the counter gets to “0.”

#### HOW TO CLEAN A FLEXHALER®

- Wipe the mouthpiece at least once a week with a dry cloth.
- **Do NOT use water** to clean a Flexhaler®.