

# How to Use Flexhaler

Patient Education Guide



**Learn with** - An Interactive training - Engaging animations - Your web cam

**Good Inhaler Technique** -Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

[www.use-inhalers.com](http://www.use-inhalers.com)

- For cleaning and Priming refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



**Step1:** Hold the Flexhaler straight up. Rotate the cover and remove it.



**Step2:** Rotate the brown grip in one direction.



**Step3:** Rotate the grip completely back in the other direction. You'll hear a click.



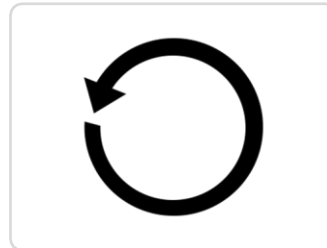
**Step4:** Exhale away from the inhaler.



**Step5:** Hold the Flexhaler in a horizontal position. Keep the mouthpiece in your mouth and take a quick and deep breath.



**Step6:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



**Step7:** Repeat 2 to 6 steps after 30 seconds, if you need another dose.



**Step8:** Close the cap.

**Tip:** Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

**Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.**

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