

How to Use a Dry-Powdered Inhaler - Flexhaler (DPI)

You have been prescribed an inhaled medication that is delivered through a dry-powdered inhaler, or DPI, called a Flexhaler. Please follow these instructions when taking your medication.



How to Use a Flexhaler

1. Hold the Flexhaler upright with the brown portion on the bottom.
2. Remove the cap from the Flexhaler by twisting off the cap.
3. Hold the Flexhaler with the mouthpiece up.
4. Turn the brown base all the way to the right and back to the left. You will hear a click. This means that the dose is now loaded.
5. Take a deep breath in, turn your head away from the Flexhaler and breathe out all the way.
6. Place the Flexhaler mouthpiece in your mouth and seal your lips around the mouthpiece. Make sure your teeth and tongue do not block the mouthpiece.
7. Breathe in quickly and as deeply as you can, and completely fill your lungs. Remove the Flexhaler from your mouth while holding your breath for 5-10 seconds. Breathe out gently.
8. Resume normal breathing and repeat the above steps when more than one dose is prescribed.
9. Close the Flexhaler cap by twisting it back onto the brown base after you are done breathing in.
10. Rinse your mouth thoroughly with water and spit out the water. Do not swallow the water. This will decrease the risk of a mouth infection called thrush (candida infection).

Flexhaler

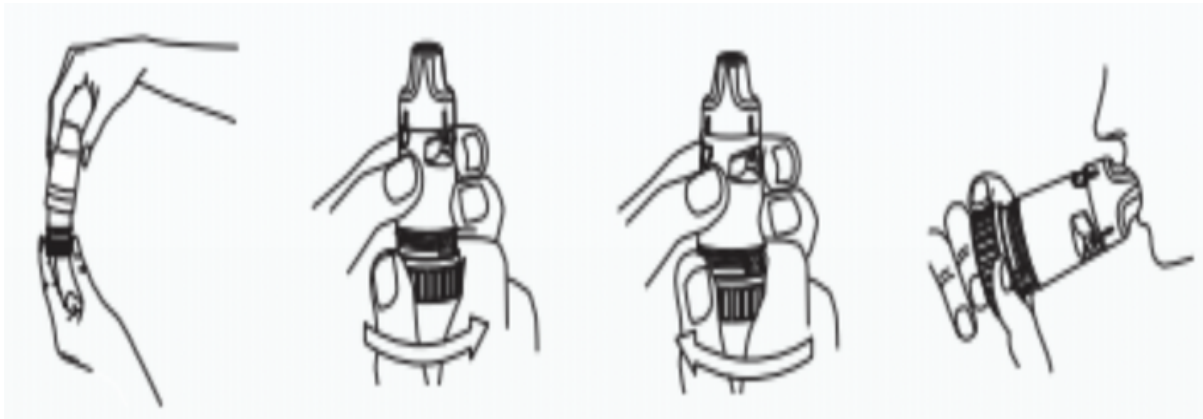
DO

- Keep the Flexhaler upright once the dose is set.
- Keep your Flexhaler in a dry place at room temperature.
- Do use the dose counter. The dose counter below the mouthpiece shows how many doses are left. The numbers will count down by tens. A zero in the center of the countdown window means that the Flexhaler is empty. Plan to get a refill before you see the zero in the window.

DON'T

- Do not tip the Flexhaler after the dose is set as it may make the dose drop out of the inhaler before you breathe it in.
- Do not use or store the Flexhaler in a room that gets humid, like a bathroom with a shower. Moisture from the humidity can make the dry-powder clump.
- Do not wash or put any part of your Flexhaler in water.
- Never shake or breathe into the Flexhaler.
- Never use a chamber or spacer with the Flexhaler.

Unlike other inhaled medications, you may taste or feel the dry powder or there might be a slightly sweet taste. This may be different from what you are used to. As long as you follow the directions, you will get your full dose of medication.



Open

Twist

Click

Inhale

Resources

Pulmicort website:

<https://www.pulmicortflexhaler.com/>

How to use Pulmicort Flexhaler:

<https://www.pulmicortflexhaler.com/asthma-control/pulmicort-flexhaler-instructions.html>



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