

How to Use a QVAR RediHaler Breath-Actuated Metered Dose Inhaler

You have been prescribed an inhaled medication that is delivered through a breath-actuated metered dose inhaler (MDI), called a QVAR RediHaler. Please follow these instructions when taking your medication.



How to Use the QVAR RediHaler:

1. Hold the inhaler upright with the mouthpiece at the bottom.
2. Open the white cap by flipping it down.
3. Take a deep breath in, turn your head away from the inhaler and breathe out fully.
4. Before taking a breath in, place the mouthpiece in your mouth and close your lips around it. Make sure your teeth are around the mouthpiece and your tongue is under the mouthpiece and not blocking the mouthpiece.
5. Take a slow deep breath in. You might hear a click. Keep breathing in until your lungs are full.
6. Remove the inhaler from your mouth and hold your breath for 5–10 seconds.
7. Turn your head away from the inhaler and breathe out slowly.
8. Close the white cap and repeat for a second dose if prescribed.
9. 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).

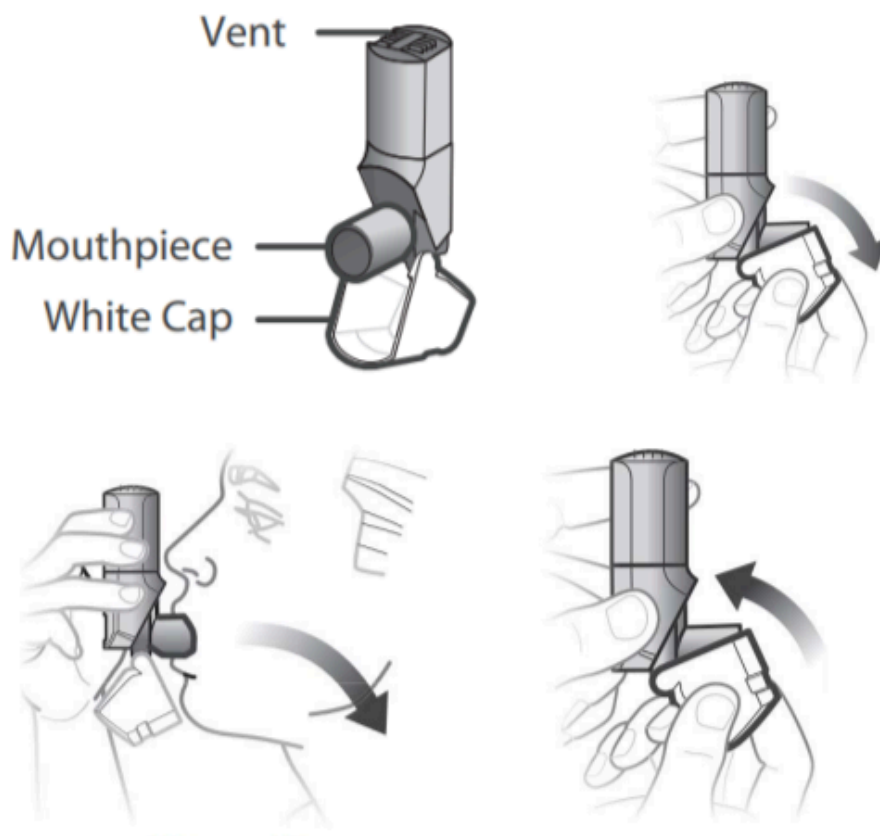
How do I clean my QVAR RediHaler?

- Do not wash or put any part of your QVAR RediHaler in water.
- Clean the mouthpiece of the inhaler weekly with a clean, dry tissue or cloth.



Important Things to Know

- You do not need to prime (spraying one or more puffs into the air before use) the QVAR RediHaler – the inhaler is ready to use right away.
- Do not use a chamber or spacer with the QVAR RediHaler.
- Do not shake the inhaler. The breath-actuated device does not need to be shaken.
- Do not open the white cap or leave it open unless you are ready to inhale the medication.
- Your QVAR RediHaler contains 120 doses or inhalations. The counter on the back shows you how many doses you have left.
- Ask for a refill when you have 20 doses left. The dose counter window will turn red when you have 20 doses left.
- Throw away the inhaler when the dose counter shows “0”.
- Do not stop using your QVAR RediHaler without contacting your healthcare provider.



Resources

[QVAR RediHaler Website](#)

[QVAR Cost Assistance](#)

[How to Use QVAR RdiHaler](#)

[Help your kids use QVAR RediHaler](#)



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