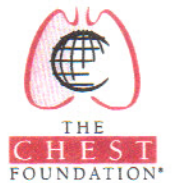


Using Your Pulmicort Flexhaler®

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
PHYSICIANS®

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To make your breathing better you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better.

The following steps need to be performed before your first breath from every NEW Pulmicort Flexhaler®:



1 Do not shake the inhaler. Hold Flexhaler® straight up and down.



2 Hold cap and twist off.



3 Twist brown grip at bottom to the right as far as it will go and then twist all the way back to the left until you hear a click. **Repeat** this step one more time.

The following steps need to be performed before EVERY DOSE OF MEDICINE:



1 To load a dose of medicine, hold Flexhaler® **STRAIGHT UP AND DOWN.**



2 Hold cap and twist off.



3 Twist brown grip at bottom to the right as far as it will go and then twist all the way back to the left **until you hear a click.**



4 Breathe out normally. Make sure you **DO NOT BREATHE OUT** into the Flexhaler.



5 Put mouthpiece in your mouth between your lips; make a tight seal. **BREATHE IN FAST AND DEEP.** You will breathe in a small amount of powder and may not feel the medicine entering your lungs. If your doctor ordered more than one dose or puff, repeat steps 1-5.



6 After you have taken your medicine, if the mouthpiece is wet, wipe the mouthpiece with a clean, dry cloth. Put cap back on Flexhaler® and twist.



7 Rinse your mouth with water. Spit the water out. Do not swallow it.



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