

How to Use Flexhaler

Patient Education Guide



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

Good Inhaler Technique: -Increases medicine effect - Reduces medicine cost - Reduces ER Visits

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.



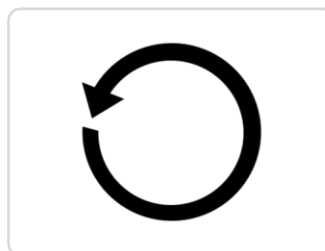
Step4: Exhale away from the inhaler.



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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