How to Use the Flexhaler

Instructions:
1. Hold the Flexhaler by the brown grip so that the white cover points upward. With your other hand, turn the white cover and lift it off.
2. Continue to hold the inhaler upright and twist the brown grip as far as it will go in one direction and then fully back again in the other direction until it stops. You will hear a click during one of the twisting movements. This will prime the inhaler with medication.
3. Turn your head away from the inhaler and exhale. Hold the inhaler in a horizontal position. Place the mouthpiece in your mouth and close your lips around the mouthpiece. Breathe in deeply and forcefully through the inhaler.
4. Remove the inhaler from your mouth.
5. Hold your breath for 10 seconds.
6. Exhale slowly through your mouth or nose.
7. If more than one dose is prescribed repeat the steps above.
8. When you are finished taking your dose, place the cover back on the inhaler and twist shut.

Tips:
- Do not blow or exhale into the mouthpiece.
- Always close the cover after use.
- If you are using this inhaler for a corticosteroid preventer medication, rinse your mouth with water and spit after inhaling the last dose to reduce the risk of side-effects.

Cleaning:
- Keep the Flexhaler clean and dry at all times.
- Do not immerse it in water.
- Wipe the outside of the mouthpiece one time each week with a dry tissue.
- Do not use water or liquids when cleaning the mouthpiece.