How to Use Flexhaler
Patient Education Guide

Learn with - An Interactive training - Engaging animations - Your web cam
Good Inhaler Technique - Increases medicine effect - Saves cost of medicine - Reduces ER Visits

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- 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.

**Step 1:** Hold the Flexhaler straight up. Rotate the cover and remove it.

**Step 2:** Rotate the brown grip in one direction.

**Step 3:** Rotate the grip completely back in the other direction. You'll hear a click.

**Step 4:** Exhale away from the inhaler.

**Step 5:** Hold the Flexhaler in a horizontal position. Keep the mouthpiece in your mouth and take a quick and deep breath.

**Step 6:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.

**Step 7:** Repeat 2 to 6 steps after 30 seconds, if you need another dose.

**Step 8:** 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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