

Proper Inhaler Technique

1. Shake the inhaler vigorously.
2. Hold the inhaler about 2 fingers widths in front of your mouth (Figure 1).
3. Exhale fully and completely through pursed lips.
4. **Inhale slowly and deeply** through an open mouth while pressing down on the canister (Figure 2).
5. Close your mouth. Hold your breath for 5 to 10 seconds (Figure 3).
6. **Slowly** breathe out through pursed lips.
7. Wait one minute to allow the medicine to work.
8. Repeat according to ordered puffs.
9. Rinse and gargle when finished to prevent hoarseness and infections in the mouth.
10. Cleanse the inhaler mouthpiece at least once daily by washing it with warm soapy water.
11. Rinse mouthpiece and dry well.

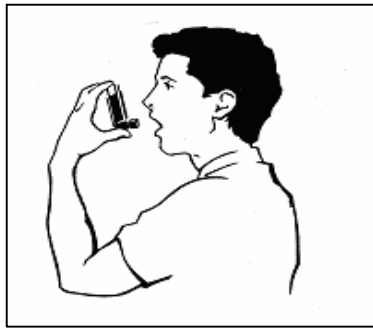


Figure 1

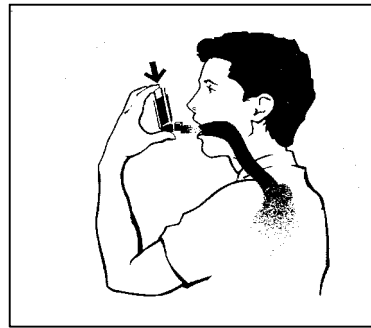


Figure 2

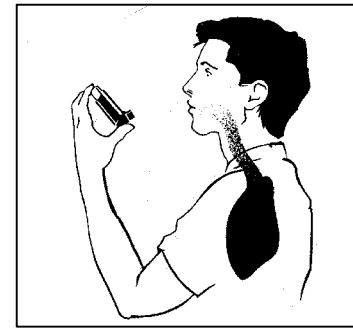


Figure 3