A Guide to Using Inhalers for COPD & Asthma
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General Steps for Use:
- Open the inhaler using the thumb grip
- Hold the inhaler flat and level, and slide the lever from left to right until it clicks
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece in the mouth and tighten the lips around it
- Inhale quickly and deeply through the mouth
- Remove the device from the mouth
- Hold the breath as long as comfortably possible, up to 10 seconds
- Use the thumb grip to close the inhaler

Addition Information:
- Shake before use? No
- Priming: No
- Cleaning: No
- Dose counter: Yes
- Beyond-use date: 1 month after removal from foil pouch
- Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Advair HFA (fluticasone/salmeterol)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
Shake before use? Yes
Priming: Before first use: 4 sprays. If not used for more than 4 weeks, or if inhaler is dropped: 2 sprays.
Cleaning: Weekly after evening dose.
- Wipe the area where the spray comes out with a dry cotton swab.
- Wipe the inside of the mouthpiece with a damp tissue.
- Allow to dry overnight.
Dose counter: Yes
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Aerospan (flunisolide)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- Shake before use? Yes
- Priming: Before first use: 4 sprays. If not used for more than 2 weeks: 2 sprays.
- Cleaning: No
- Dose counter: No
- Beyond-use date: Manufacturer’s expiration date on the packaging
- Request a Demo: Information not yet available
Alvesco (ciclesonide)

General Steps for Use with Spacer:
• Hold the inhaler upright
• Take off the cap
• Look inside the mouthpiece for foreign objects
• Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
• Breathe out fully through the mouth, away from the inhaler
• Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
• Press the canister down and inhale deeply and slowly through the mouth
• Move the mouthpiece away from the mouth
• Hold the breath for as long as comfortably possible, generally up to 10 seconds
• Breathe out
• Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
• Hold the inhaler upright
• Take off the cap
• Look inside the mouthpiece for foreign objects
• Breathe out fully through the mouth, away from the inhaler
• Place the inhaler two fingers’ width away from the lips
• With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
• Press the canister down and inhale deeply and slowly through the mouth
• Move the mouthpiece away from the mouth
• Hold the breath for as long as comfortably possible, generally up to 10 seconds
• Breathe out
• Wait before repeating, usually 30 to 60 seconds

Addition Information:
Shake before use? No
Priming: Before first use, or if not used for 10 days or more: 3 sprays
Cleaning: Weekly. Wipe inside and out with a dry tissue.
Dose counter: Yes
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Not Available
Anoro Ellipta (umeclidinium/vilanterol)

General Steps for Use:
- Slide the inhaler cover down to reveal the mouthpiece
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece between the lips
- Do not block the air vents with the fingers
- Breathe in **deeply and slowly** through the mouth
- Remove the inhaler from the mouth
- Hold the breath for 3 or 4 seconds or as long as comfortably possible
- Close the inhaler

Addition Information:
- Shake before use? No
- Priming: No
- Cleaning: Wipe mouthpiece with a dry tissue before closing the inhaler if desired
- Dose counter: Yes
- Beyond-use date: 6 weeks after removal from foil pouch
- Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Arcapta Neohaler (indacaterol)

General Steps for Use:

- Open the mouthpiece of the inhaler
- Remove one capsule from its foil blister
- Place the capsule into the capsule chamber
- Click the inhaler closed
- Hold the inhaler upright
- Press the buttons on the sides, both at one time, until a click is heard, then release
- Breathe out fully through the mouth, away from the inhaler
- Place the mouthpiece in the mouth
- Breathe in rapidly and steadily through the mouth
- Hold the breath for as long as comfortably possible
- Open the inhaler to see if any powder remains in the capsule. If yes, close the inhaler and repeat steps starting with “Breathe out fully through the mouth.”
- Open the mouthpiece, remove the used capsule, and discard it
- Close the mouthpiece

Addition Information:

Shake before use? No
Priming: No
Cleaning: Wipe mouthpiece dry lint-free cloth between uses if desired
Dose counter: No
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Call Novartis at 888-669-6682
Asmanex Twisthaler (mometasone)

**General Steps for Use:**
- Hold the inhaler upright and remove the cap by twisting it in a counterclockwise direction
- Breathe out fully through the mouth, away from the inhaler
- Place the mouthpiece in the mouth and tighten the lips around it, holding the inhaler in a horizontal position
- Do not cover the ventilation holes
- Breathe in quickly and deeply through the mouth
- Remove the inhaler from the mouth
- Hold the breath as long as comfortably possible, up to 10 seconds
- Replace the cap, turning it in a clockwise direction and gently pressing it down, until a click is heard

**Addition Information:**
- Shake before use? No
- Priming: No
- Cleaning: Wipe mouthpiece dry after each use
- Dose counter: Yes
- Beyond-use date: 45 days after removal from foil pouch
- Request a Demo: Not Available
General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Attach the spacer and the inhaler together, with the inhaler's canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there's a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers' width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- Shake before use? No
- Priming: Before first use, or if not used for 3 days or more: 2 sprays
- Weekly.
  - Remove dust cap and canister.
  - Wash the mouthpiece with warm running water for at least 30 seconds.
  - Shake to remove excess water and allow to air dry.
- Dose counter: Yes
- Beyond-use date: Manufacturer's expiration date on the packaging
- Request a Demo: Call Boehringer Ingelheim at 866-441-4671
Breo Ellipta (fluticasone/vilanterol)

General Steps for Use:
• Slide the inhaler cover down to reveal the mouthpiece
• Breathe out fully through the mouth, away from the inhaler
• Put the mouthpiece between the lips
• Do not block the air vents with the fingers
• Breathe in deeply and slowly through the mouth
• Remove the inhaler from the mouth
• Hold the breath for 3 or 4 seconds or as long as comfortably possible
• Close the inhaler

Addition Information:
Shake before use? No
Priming: No
Cleaning: Wipe mouthpiece with a dry tissue before closing the inhaler if desired
Dose counter: Yes
Beyond-use date: 6 weeks after removal from foil pouch
Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Combivent Respimat (Albuterol/ipratropium)

General Steps for Use:
- Hold the inhaler upright
- Turn the base in the direction of the arrows until it clicks
- Flip the cap until it snaps open
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece in the mouth and tighten the lips around the end without covering the air vents
- Press the dose release button and inhale deeply and slowly through the mouth
- Hold the breath as long as comfortably possible, up to 10 seconds

Addition Information:
- Shake before use? No
- Priming: Before first use, or if not used for more than 21 days: Spray inhaler into the air until a visible spray is seen. Spray 3 more times. If not used for more than 3 days: 1 spray.
- Cleaning: At least weekly. Wipe the mouthpiece inside and out with a damp tissue.
- Dose counter: No
- Beyond-use date: 3 months after assembly of device
- Request a Demo: Call Boehringer Ingelheim at 866-441-4671
Dulera (mometasone/formoterol)

**General Steps for Use with Spacer:**
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well, if necessary (noted for each individual brand of inhaler in rows below)
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

**General Steps for Use without Spacer:**
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well, if necessary (noted for each individual brand of inhaler in rows below)
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

**Addition Information:**
- **Shake before use?** Yes
- **Priming:** Before first use, or if not used for more than 5 days: 4 sprays
- **Cleaning:** Weekly. Wipe inside and out with a dry tissue.
- **Dose counter:** Yes
- **Beyond-use date:** Manufacturer’s expiration date on the packaging

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Flovent Diskus (fluticasone propionate)

General Steps for Use:
- Open the inhaler using the thumb grip
- Hold the inhaler flat and level, and slide the lever from left to right until it clicks
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece in the mouth and tighten the lips around it
- Inhale quickly and deeply through the mouth
- Remove the device from the mouth
- Hold the breath as long as comfortably possible, up to 10 seconds
- Use the thumb grip to close the inhaler

Addition Information:
- Shake before use? No
- Priming: No
- Cleaning: No
- Dose counter: Yes
- Beyond-use date: 6 weeks after removal from foil pouch (50 mcg strength) and 2 months after removal from foil pouch (100 mcg and 250 mcg strength)

Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Flovent HFA (fluticasone propionate)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- Shake before use? Yes
- Priming: Before first use: 4 sprays. If not used for more than 7 days, or if inhaler is dropped: 1 spray.
- Cleaning: Weekly after evening dose.
  - Wipe the area where the spray comes out with a damp cotton swab.
  - Wipe the inside of the mouthpiece with a damp tissue.
  - Allow to dry overnight.
- Dose counter: Yes
- Beyond-use date: Manufacturer’s expiration date on the packaging
- Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249

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Foradil Aerolizer (formoterol)

General Steps for Use:
- Remove the inhaler cover
- Hold the base of the inhaler and twist the mouthpiece in the direction of the arrow to open
- Remove one capsule from its foil blister
- Place the capsule in the capsule chamber in the base of the inhaler
- Twist the mouthpiece back to close
- Hold the inhaler upright and press both buttons on the sides one time, at the same time, then release them
- Breathe out fully through the mouth, away from the inhaler
- Tilt the head back slightly
- Hold the inhaler horizontally with the buttons on the sides and place it between the lips
- Breathe in quickly and deeply through the mouth
- Remove the inhaler from the mouth
- Hold the breath for as long as comfortably possible
- Open the chamber to see if any powder remains in the capsule. If yes, close the chamber and repeat the steps starting from “Breathe out fully through the mouth.”
- Open the mouthpiece, remove the used capsule, and discard it
- Replace the cover

Addition Information:
Shake before use? No
Priming: No
Cleaning: No
Dose counter: No
Beyond-use date: 4 months from the date of dispensing
ProAir HFA (albuterol)

General Steps for Use with Spacer:
• Hold the inhaler upright
• Take off the cap
• Look inside the mouthpiece for foreign objects
• Shake the inhaler well
• Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
• Breathe out fully through the mouth, away from the inhaler
• Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
• Press the canister down and inhale deeply and slowly through the mouth
• Move the mouthpiece away from the mouth
• Hold the breath for as long as comfortably possible, generally up to 10 seconds
• Breathe out
• Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
• Hold the inhaler upright
• Take off the cap
• Look inside the mouthpiece for foreign objects
• Shake the inhaler well
• Breathe out fully through the mouth, away from the inhaler
• Place the inhaler two fingers’ width away from the lips
• With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
• Press the canister down and inhale deeply and slowly through the mouth
• Move the mouthpiece away from the mouth
• Hold the breath for as long as comfortably possible, generally up to 10 seconds
• Breathe out
• Wait before repeating, usually 30 to 60 seconds

Addition Information:
Shake before use? Yes
Priming: Before first use or if not used for more than 14 days: 3 sprays
Cleaning: At least weekly.
• Remove the dust cap and canister.
• Wash the mouthpiece with warm running water for at least 30 seconds.
• Turn the mouthpiece upside down and repeat.
• Shake to remove excess water and allow to air dry.
• Replace canister. Shake well and spray 2 times into the air. Replace cap.
Dose counter: Yes
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Call Teva at 866-444-3653

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Proventil (albuterol)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- **Shake before use?** Yes
- **Priming:** Before first use or if not used for more than 14 days: 4 sprays
- **Cleaning:** At least weekly.
  - Remove the dust cap and canister.
  - Wash the mouthpiece with warm running water for at least 30 seconds.
  - Shake to remove excess water and allow to air dry.
  - Replace canister and cap.
- **Dose counter:** No
- **Beyond-use date:** Manufacturer’s expiration date on the packaging

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Pulmicort Flexhaler (budesonide)

General Steps for Use:
- Hold the inhaler upright and remove the cap
- Holding the inhaler in the middle, twist the grip as far as it will go in one direction, then back in the other direction until it clicks
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece in the mouth and tighten the lips around it
- Breathe in deeply and forcefully through the mouth
- Remove the inhaler from the mouth
- Replace the cap

Addition Information:
- Shake before use? No
- Priming: Before first use. Twist the grip in one direction, then back in the other direction until a click is heard one time.
- Cleaning: Weekly, clean the outside of the device with a dry tissue
- Dose counter: Yes
- Beyond-use date: Manufacturer's expiration date on the packaging
- Request a Demo: Call AstraZeneca at 800-236-9933
QVAR (beclomethasone dipropionate)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- Shake before use? No
- Priming: Before first use or if not used for more than 10 days: 2 sprays
- Cleaning: Weekly. Wipe inside and out with a dry tissue.
- Dose counter: No
- Beyond-use date: Manufacturer’s expiration date on the packaging
Relenza Diskhaler (zanamivir)

General Steps for Use:
• Remove the inhaler cover
• Check inside the mouthpiece for foreign objects
• Pull the mouthpiece all the way out
• Press in the raised ridges on the outside edges of the mouthpiece and pull the whole tray out of the body of the inhaler
• Place one medicine disk onto the wheel, flat side up
• Push the tray back into the body of the inhaler as far as it will go
• Lift the half-circle flap on top of the inhaler to a straight-up position
• Click the flap back into place
• Breathe out fully through the mouth, away from the inhaler
• Place the mouthpiece in the mouth, keeping the inhaler level
• Tighten the lips around the mouthpiece without covering the small holes on its sides
• Breathe in steadily and deeply through the mouth
• Remove the inhaler from the mouth
• Hold the breath for a few seconds
• Replace the cover

Addition Information:
Shake before use? No
Priming: No
Cleaning: No
Dose counter: Yes
Beyond-use date: Manufacturer’s expiration date on the packaging
Request Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Serevent Diskus (salmeterol)

General Steps for Use:
- Open the inhaler using the thumb grip
- Hold the inhaler flat and level, and slide the lever from left to right until it clicks
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece in the mouth and tighten the lips around it
- Inhale quickly and deeply through the mouth
- Remove the device from the mouth
- Hold the breath as long as comfortably possible, up to 10 seconds
- Use the thumb grip to close the inhaler

Addition Information:
- Shake before use?: No
- Priming: No
- Cleaning: No
- Dose counter: Yes
- Beyond-use date: 6 weeks after removal from foil pouch
- Request Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249
Spiriva HandiHaler (tiotropium)

General Steps for Use:
- Remove the inhaler cap by pressing the piercing button
- Pull the lid away from the inhaler to expose the mouthpiece
- Expose the center chamber by pulling the mouthpiece up and away from its base
- Place one capsule (removed from its foil blister) in the center chamber of the inhaler
- Close the mouthpiece until it clicks
- Continue to hold the inhaler with the mouthpiece pointed up
- Press the button on the side once then release it
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler in a horizontal position and place the mouthpiece in the mouth tightening the lips around it
- Breathe in deeply through the mouth
- Hold the breath for a few seconds
- Remove the mouthpiece from the mouth
- Repeat the steps starting with “Breathe out fully through the mouth” a second time
- Open the mouthpiece, remove the used capsule, and discard it
- Close the mouthpiece and cap

Addition Information:
Shake before use? No
Priming: No
Cleaning: After each use:
- Empty the remains of the capsule from the inhaler into the trash.
- Before closing the mouthpiece or cap, turn the inhaler upside down and tap it firmly yet gently to remove any residue.

As needed:
- Open the cap and mouthpiece.
- Open the base by lifting the piercing button.
- Rinse the inhaler with warm running water.
- Leave it open to air dry for 24 hours.

Dose counter: No
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Call Boehringer Ingelheim at 866-441-4671

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Symbicort (budesonide/formoterol)

**General Steps for Use with Spacer:**
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

**General Steps for Use without Spacer:**
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

**Addition Information:**
- **Shake before use?** Yes
- **Priming:** Before first use or if not used for more than 7 days, or if dropped: 2 sprays
- **Cleaning:** Weekly. Wipe inside and out with a dry tissue.
- **Dose counter:** Yes
- **Beyond-use date:** 3 months after removal from foil pouch
- **Request a Demo:** Call AstraZeneca at 800-236-9933
Tobi Podhaler (tobramycin)

General Steps for Use:
- Hold the inhaler and unscrew the lid. Set the lid aside.
- Stand the inhaler upright on its base.
- Hold onto the body of the inhaler and unscrew the mouthpiece. Set the mouthpiece aside.
- Tear off one blister card.
- Roll back the foil that covers one capsule.
- Take the capsule out of the blister and place it in the capsule chamber of the inhaler.
- Put the mouthpiece back on the inhaler and screw it closed.
- Hold the inhaler with the mouthpiece pointing down.
- Press the button on the end of the inhaler all the way down one time.
- Breathe out fully through the mouth, away from the mouthpiece.
- Place the mouthpiece in the mouth.
- Breathe in deeply through the mouth.
- Remove the inhaler from the mouth.
- Hold the breath for about 5 seconds.
- Take a few normal breaths, then repeat the steps starting with “Breathe out fully through the mouth.”
- Open the mouthpiece, remove the used capsule from the inhaler, and discard it.
- Replace the mouthpiece and wipe it with a clean dry cloth.

Addition Information:
Shake before use? No
Priming: No
Cleaning: No. However, one extra device is included with every 28-day supply in case the device becomes wet, dirty, broken, or dropped.
Dose counter: Yes
Beyond-use date: Manufacturer’s expiration date on the packaging
Request a Demo: Call Novartis at 888-669-6682
Tudorza Pressair (aclidinium bromide)

General Steps for Use:
- Remove the inhaler cap by pressing the arrows on the sides and pulling it off
- Check that no foreign objects are in the mouthpiece
- Hold the inhaler with the mouthpiece facing the mouth and the button on the top
- Press the button all the way down and release it
- Breathe out completely through the mouth, away from the inhaler
- Place the mouthpiece in the mouth and tighten the lips around it
- Breathe in quickly and deeply through the mouth, until the lungs are filled
- Remove the inhaler from the mouth
- Hold the breath for as long as is comfortably possible
- Replace the cap

Addition Information:
- Shake before use? No
- Priming: No
- Cleaning: If desired. Clean the outside of the mouthpiece with a dry tissue or paper towel.
- Dose counter: Yes
- Beyond-use date: 45 days after removal from foil pouch
- Request a Demo: Contact a Forest representative at 800-678-1605, ext. 66298
Ventolin HFA (albuterol)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler’s canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there’s a tight seal against the cheeks and chin)
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers’ width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale deeply and slowly through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:
- Shake before use? Yes
- Priming: Before first use or if not used for more than 14 days, or if dropped: 4 sprays
- Cleaning: At least weekly.
  - Remove the dust cap and canister.
  - Wash the mouthpiece with warm running water for at least 30 seconds.
  - Turn the mouthpiece upside down and repeat.
  - Shake to remove excess water and allow to air dry.
  - Replace canister. Shake the inhaler well and spray once into the air. Replace cap.
- Dose counter: Yes
- Beyond-use date: 12 months after removal from foil pouch
- Request a Demo: Contact a GlaxoSmithKline sales representative by calling 888-825-5249

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Xopenex HFA (levalbuterol)

General Steps for Use with Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Attach the spacer and the inhaler together, with the inhaler's canister in a vertical position
- Breathe out fully through the mouth, away from the inhaler
- Put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there's a tight seal against the cheeks and chin)
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

General Steps for Use without Spacer:
- Hold the inhaler upright
- Take off the cap
- Look inside the mouthpiece for foreign objects
- Shake the inhaler well
- Breathe out fully through the mouth, away from the inhaler
- Place the inhaler two fingers' width away from the lips
- With the mouth open and tongue flat, tilt the mouthpiece of the device toward the upper back of the mouth
- Press the canister down and inhale **deeply and slowly** through the mouth
- Move the mouthpiece away from the mouth
- Hold the breath for as long as comfortably possible, generally up to 10 seconds
- Breathe out
- Wait before repeating, usually 30 to 60 seconds

Addition Information:

- **Shake before use?** Yes
- **Priming:** Before first use or if not used for more than 3 days: 4 sprays
- **Cleaning:** At least weekly.
  - Remove the dust cap and canister.
  - Wash the mouthpiece with warm running water for at least 30 seconds.
  - Turn the mouthpiece upside down and repeat.
  - Shake to remove excess water and allow to air dry.
  - Replace canister. Shake the inhaler well and spray once into the air. Replace cap.
- **Dose counter:** No
- **Beyond-use date:** Manufacturer's expiration date on the packaging