

COPD: Using Your Flexhaler

Your doctor may prescribe a medication for you in the form of a Flexhaler to help control your COPD. A Flexhaler delivers powdered medication into your lungs.

It's very important that you use your Flexhaler correctly to make sure that you get the right amount of medication. If you don't, you could end up with more in your mouth than in your lungs.

Let's take a closer look at the Flexhaler. It has a cover, a mouthpiece, a dose indicator showing how much medication is left in your Flexhaler, and a grip.

To use your Flexhaler first unscrew the cover.

With the mouthpiece facing up turn the grip on the bottom all the way to the right, then back to the left. The click means the medication is loaded and ready for use. After 5 times you will see the dose indicator go down by 5.

Exhale deeply; making sure the Flexhaler mouthpiece is away from your mouth.

Bring the Flexhaler to your mouth. Take a deep breath in. Your goal is to hold your breath for 10 seconds.

Breathe out away from the device.

Repeat these steps again if another dose is prescribed.

Put the cover back on the Flexhaler when you are finished with your dose.

It is important to rinse your mouth, and spit the water out, after using a Flexhaler.

This removes any powder that has settled on your tongue or in your mouth and will help prevent a yeast infection in your mouth called thrush.

Remember don't swallow the rinse water.

When you finish using your Flexhaler make sure you never get it wet and to store it in a cool dry place, away from moisture.

You should clean it once a week with tissue.

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Follow your healthcare provider's direction on how many times a day to use your Flexhaler.

Remember when using your Flexhaler to...

Unscrew the cover.

Turn the grip on the bottom to the right, and then back to the left until you hear a click.

Exhale fully away from the Flexhaler.

Bring the Flexhaler to your mouth and take a deep breath in.

Hold your breath for ten seconds.

Take the Flexhaler away from your mouth and exhale.

If you have any questions about your Flexhaler, or feel that you may be experiencing side effects, talk with your healthcare provider.