

How to Use a Flexhaler

When you have asthma your healthcare provider may prescribe a flexhaler to help you manage your condition.

A Flexhaler delivers powdered medication into your lungs.

Let's try it now.

Step 1.

Unscrew the cover.

Step 2.

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.

Step 3.

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

Step 4.

Bring the Flexhaler to your mouth. Take a big deep breath in.

Your goal is to hold your breath for 10 seconds.

Step 5.

If you need another dose, repeat Step 4. Then rinse your mouth with water and spit it out.

Step 6.

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

Let's review.

Unscrew the cover.

Turn the grip on the bottom all the way to the right, then back to the left.

Exhale deeply away from the Flexhaler.

Bring the Flexhaler to your mouth. Take a big deep breath in.

Hold your breath for 10 seconds.

Repeat if another dose is needed. Then rinse your mouth with water and spit it out.

Put the cover back on the Flexhaler.

Using your Flexhaler correctly will help you get the medication you need into your lungs in order to manage your asthma.

If you have questions about your Flexhaler, ask your healthcare provider at your next appointment.

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