

Family Education Sheet



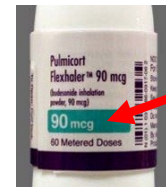
Boston Children's Hospital
Until every child is well™

How to Use a Pulmicort Flexhaler™

The Pulmicort Flexhaler™ is a dry powder steroid medicine that reduces the swelling (also called inflammation) in the lungs. It is used daily to prevent asthma symptoms. Follow the steps below to use the Pulmicort Flexhaler™.

This inhaler comes in two different strengths: 90 and 180.

Which strength inhaler do you have?



Inhaler Strength



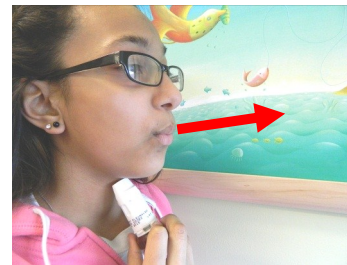
1. Wash hands.



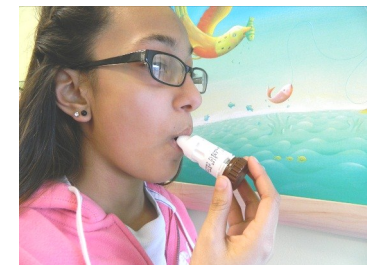
2. Hold top. Twist bottom to remove cap.



3. Twist brown part one way, then other way, until you hear a "click."



4. Hold inhaler under chin. Breathe out.



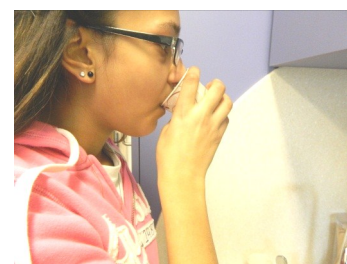
5. Put lips around mouthpiece. Breathe in quickly.



6. Try to hold breath for 10 seconds. Use your fingers to count the seconds!



7. Put cap back on inhaler.



8. Rinse mouth with water.



9. Spit out water.



10. Repeat another dose.

Important Notes:

- **When you see a red mark in the dose indicator**, there are less than 20 doses left. This means it is time to order a new inhaler!
- **When the dose indicator is at 0**, it means the inhaler is empty. Throw it away and start your new inhaler.
- **Keep the cap on the inhaler when you are not using it.** If you do not do this, the medicine will dry out and the inhaler cannot be used.

