

Using A RediHaler®

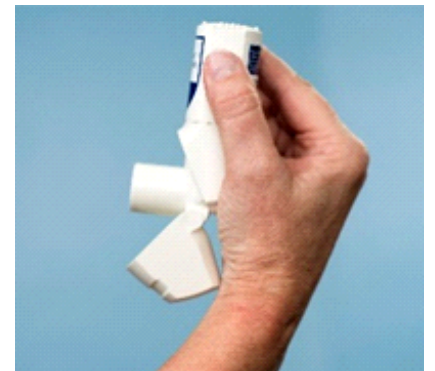
Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A RediHaler® consists of a pressurized canister of medication in a plastic case with a mouthpiece. The RediHaler® is breath activated. This means when you inhale, the RediHaler® automatically releases a mist of medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. Its portable size, efficiency and convenience make the RediHaler® a desirable method for inhalation treatment.

The following steps outline the best method to use a RediHaler®.

How to Assemble the RediHaler®

1. Hold the RediHaler® with the mouthpiece down.
2. Open the white cap that covers the mouthpiece. Do not open the cap unless you are ready to take a dose.
3. Do not cover the air vents at the top of the RediHaler®.
4. Do not shake the RediHaler®.



Taking an Inhaled Treatment

1. Gently breathe out.
2. Seal your lips tightly around the mouthpiece.
3. Inhale deeply with steady, moderate force. You will hear a click and feel mist when your breath activates the medication. Do not stop inhaling when you feel the mist.

Continue to take a full, deep breath.

4. Hold your breath for up to ten seconds. This allows the medication time to deposit in the airway.
5. Resume normal breathing.
6. Close the white cap after inhaling the medication to prepare for the next dose.
7. Repeat steps 1-6 when more than one puff is prescribed.
8. If the medication you are taking is an inhaled steroid rinse your mouth after using the RediHaler®.

Identifying When the RediHaler® is Empty

1. **The RediHaler® has a dose indicator on the back of the device.** Numbers on the dose indicator show how many doses are left in the RediHaler®.
2. When there are twenty doses left in the RediHaler® the numbers on the dose indicator will turn red. This means it is time to refill the medication.
3. When the red number is at 0 with a solid red background the RediHaler® is empty. Plan to get a new RediHaler® before the dose indicator gets to 0.



Cleaning & Care

1. Clean the RediHaler® once a week or sooner if needed.
2. Wipe the mouthpiece with a clean dry cloth.
3. Do not put the RediHaler® in water.
4. Keep the RediHaler® closed when not in use.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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