

FIGHT ASTHMA MILWAUKEE



LEAD AGENCY:
CHILDREN'S HOSPITAL AND HEALTH SYSTEM

USING A FLEXHALER® INHALER (TWIST, CLICK, INHALE)

Flexhaler® inhalers are used to deliver long-term control medicines into the lungs. Use a Flexhaler inhaler as instructed by health care providers. Long-term control medicines should be taken every day, like a vitamin. They work slowly, over several weeks, to get rid of swelling and mucus in the lungs. Once the swelling and mucus is gone, these medicines keep the swelling and mucus from coming back. Long-term control medicines do not help during asthma flare-ups. For more information, visit www.famallies.org or call (414) 390-2179.

Using Your Flexhaler®



The Flexhaler must be primed before using it for **the first time only**:

- Hold upright.
- Open the Flexhaler.
- Twist and click two times to "prime."



M. Tsutsumi

You'll never have to prime this Flexhaler again.

1



Using the Flexhaler **after** it has been primed:

Hold Flexhaler upright.

M. Tsutsumi

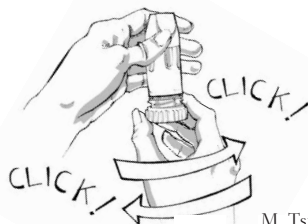
2



Open the Flexhaler.

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3



Twist the grip fully to the right and then back to the left. Hear the click!

M. Tsutsumi

4



Breathe out naturally.

M. Tsutsumi

Continued on the other side

Using Your Flexhaler®

5



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Put the Flexhaler between your teeth, close your lips and breathe in quickly and deeply.

6



M. Tsutsumi

Hold your breath for about 10 seconds.

7



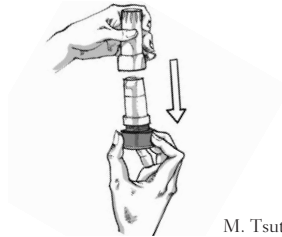
M. Tsutsumi

Breathe out.

8

If your doctor tells you to take more than one puff, repeat steps three through seven.

9



M. Tsutsumi

Close when done.