

# LONG ACTING BRONCHODILATORS

VS.

# RESCUE INHALER

» They do not reduce or prevent the swelling in your airways.  
≥ Helps to stop the symptoms or feelings of an asthma attack by opening up airways.  
◇ These medicines can relieve symptoms or feelings within minutes.

» Used with inhaled steroids to prevent symptoms (not treat).

≥ They help decrease the number of asthma attacks that happen.

◇ They work slowly and are not to be used for acute attacks.

## TO TAKE MEDICINE

**Step 1.** Open your inhaler. Hold the inhaler in one hand and with your other hand on the grip lower the mouthpiece cover from top to bottom.

**Step 2.** Push down the lever. Hold the inhaler in the vertical position. Push the yellow lever down to the end of the purple arrows (you may hear a click).

**Step 3.** Inhale your medicine.

◇ Before you breathe in your dose from the inhaler, breathe out (exhale) as long as you can while you hold the inhaler away from your mouth. Do not breathe into the mouthpiece.

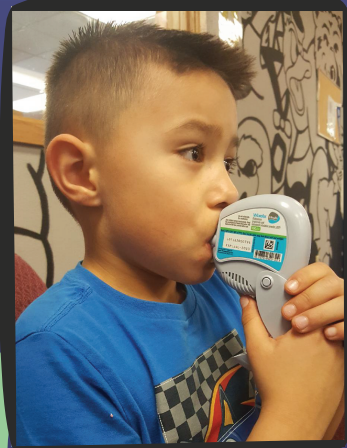
◇ Put the mouthpiece to your lips. Breathe in quickly and deeply through the inhaler. Do not breathe in through your nose.

◇ Remove the inhaler from your mouth and hold your breath for about 10 seconds, or for as long as is comfortable for you.

◇ Breathe out slowly for as long as you can. The inhaler delivers your dose of medicine as a very fine powder that you may taste or feel.

**Step 4.** Close the inhaler. Push the mouthpiece cover up to the closed position. This will automatically return the yellow lever to the start position. Make sure the inhaler is shut and you cannot see the mouthpiece.

**Step 5.** Rinse your mouth with water after breathing in the medicine. Spit out the water. Do not swallow the water.



## How Do I Use it?

Important: Before taking medicine, please follow instructions (included with inhaler) on how to prime your inhaler.

## Notes:

If you use more than one medication, use them in the order and dose prescribed by your doctor.

## TO TAKE MEDICINE

**Step 1.** Remove cap on inhaler.

**Step 2.** Shake inhaler for 5 seconds. Put the inhaler mouth piece to your mouth.

**Step 3.** Breathe out. Seal your lips around the mouth piece.

**Step 4.** Breathe in slowly and deeply through your mouth and press down on the inhaler.

**Step 5.** Hold breath for 5 to 10 seconds, and then breathe out.

**Step 6.** Repeat steps 2 to 6 as instructed by your doctor.

**Step 7.** Wait one minute between puffs.

## IF USING WITH A SPACER

**Step 1.** Remove cap on inhaler.

**Step 2.** Shake inhaler for 5 seconds. Put the inhaler mouth piece to your mouth.

**Step 3.** Breathe out. Seal your lips around the spacer and mouth piece.

**Step 4.** Spray one puff from inhaler into the spacer.

**Step 5.** Breathe in slowly and deeply through your mouth. If spacer whistles, you are breathing in too fast.

**Step 6.** Hold breath for 5 to 10 seconds, and then breathe out.

**Step 7.** Repeat steps 2 to 6 as instructed by your doctor.

**Step 8.** Wait one minute between puffs.

