

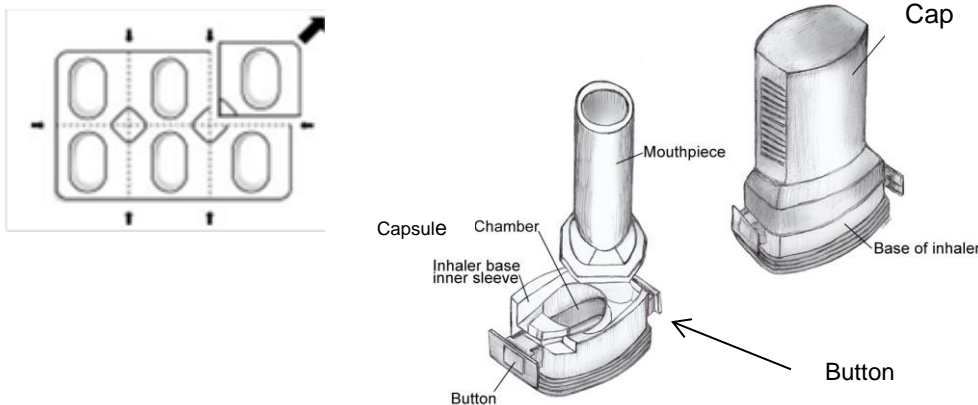
# Foradil™ Aerolizer™ (Formoterol) 12 mcg



This guide will teach you how to use your inhaler.

## Follow these steps before you use your inhaler for the first time:

1. Take the inhaler device out of the box and identify all of the parts that are labeled in the picture below.
2. Take off the blue cap to show the white mouthpiece. Rotate the mouthpiece to the side to show the capsule chamber in the bottom of the inhaler. Notice the two buttons on either side of the capsule chamber. When you press these buttons, little “stabbers” will enter the chamber.
3. There should be a sticker on the outside of the box that has an expiration date written on it. Peel this sticker off the box and adhere it to the cap of the inhaler.



## When you are ready to take a dose, please follow these instructions:

1. Open the inhaler completely to show the capsule chamber.
2. With clean, DRY hands, peel the paper backing that cover the capsule and push one capsule through the foil wrapper. Place it in the capsule chamber. Only take a capsule out of the foil right before you use it.
3. Twist the mouthpiece back into place to lock the capsule in the chamber.

4. Holding the inhaler upright, press both of two blue buttons completely into the chamber and release. This will poke holes in the capsule so medication can be released.
5. Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
6. Now bring the inhaler to your mouth, and hold the inhaler horizontally by the white part. The two blue buttons should be on the left and right sides of the inhaler. Do not hold it with the buttons on the top and the bottom.
7. Place the mouthpiece in your mouth between your teeth and close your lips around it.
8. Breathe in **quickly and deeply**, filling your lungs with as much as you can.
9. Take the inhaler out of your mouth.
10. Hold your breath for 5-10 seconds.
11. Breathe out, away from the inhaler mouthpiece.
12. After a few seconds, put the mouthpiece back in your mouth and inhale again, repeating steps 5 through 11.
13. Now, check the chamber to make sure there is no powder left. If there is, inhale one more time, following steps 5 through 11.
14. You are now done taking your dose. Open the chamber and remove the broken capsule. Throw the capsule away.

### **Important Notes:**

- Only the capsule that comes with this inhaler should be used. Do NOT use other medications in this inhaler. Do NOT swallow the capsule.
- You do not need to clean your inhaler. If you wish to clean it, wipe the outside of the mouthpiece with a dry tissue.
- Never get your inhaler wet. Store your inhaler in a cool, dry, and dark place, such as a drawer in your bedroom or kitchen; do NOT store your inhaler in the bathroom. Keep away from children and pets.