

## Pulmicort™ Flexhaler™ (Budesonide)

Select your dose:

- 90 mcg (teal)       180 mcg (purple)



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. Twist the cover to remove it from the base. Locate the dose counter. This number indicates how many doses remain.



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

1. Twist the cover to remove it from the base.
2. Make sure that the counter does not say “0.” If it does, your inhaler is empty. Throw it away and get a new one.
3. While holding the inhaler upright, twist the bottom of the inhaler in either direction until it doesn’t turn anymore. Then, twist the bottom in the other direction until you hear a click
4. Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
5. Bring the inhaler up to your mouth and place your lips tightly around the mouthpiece.
6. Breathe in **quickly and deeply** through your mouth, and then take inhaler out of your mouth.
7. Take the inhaler out of your mouth.
8. Hold your breath for 5-10 seconds.
9. Breathe out, away from the inhaler mouthpiece.
10. Repeat steps 2 - 6 if a second dose is required.
11. Rinse your mouth with water and spit to prevent infection in your mouth.

**Important Notes:**

- 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.