MEDfacts

An Educational Health Series From National Jewish Health®

Using A Flexhaler®

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 Flexhaler® consists of a plastic device containing dry powdered medication. A Flexhaler® is breath activated. This means when you inhale, the Flexhaler® automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Flexhaler® a desirable method for inhalation treatment.

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

Before Using a New Flexhaler®:
1. Remove the cap from the Flexhaler® by unscrewing the cap.
2. Hold the Flexhaler® with the mouthpiece up.
3. Turn the brown bottom of the Flexhaler® all the way to the right and back to the left. You will hear it click.

4. **Repeat steps 2-3**. Only follow steps 1-4 the first time you use your new Flexhaler®.

Taking an Inhaled Treatment:

1. Remove the cap from the Flexhaler® by unscrewing the cap.
2. Hold the Flexhaler® with the mouthpiece up. This will load the medication correctly.
3. Turn the bottom all the way to the right and back to the left. You will hear it <u>click</u>. This will load the medication.

4. Hold the Flexhaler® away from your mouth and gently breathe out.
5. Seal your lips around the mouthpiece.

6. **Inhale rapidly and deeply.** Continue to take a full, deep breath.
7. **Resume normal breathing.**
8. **Repeat steps 1-7 when more than one puff is prescribed.**
9. **Rinse your mouth and spit out the water after inhaling the medication.**
10. **Keep the Flexhaler® cap on when not in use.** This will keep the Flexhaler® clean and dry.

Identifying When the Flexhaler® is Empty:

1. **The Flexhaler® has a dose counter window below the mouthpiece.** It will let you know approximately how many doses are left. As you use the Flexhaler® the numbers will count down by 10. The Flexhaler® will count down to 0 in the center of the window when the Flexhaler® is empty. Plan to get a new Flexhaler® before you see the 0 in the window.

Cleaning the Flexhaler®:

1. Wipe the mouthpiece with a clean cloth if it appears dirty or at least once a week. Do not put the Flexhaler® in water.

Note: This information is provided to you as an educational service of LUNG LINE®. It is not meant to be a substitute for consulting with your own physician.

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