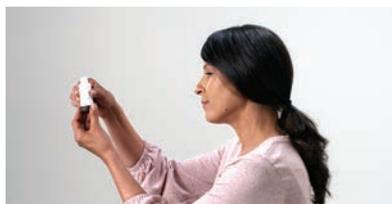


## How to Use a Flexhaler Dry Powder Inhaler

Prime a brand-new flexhaler before using it for the first time by twisting the brown grip back and forth 2 times.



1. Hold the brown grip, twist the cover and lift it off.



2. Hold inhaler with mouthpiece pointing up.



3. Twist brown grip fully in one direction and then back the other direction until it clicks. A dose is now loaded.



4. Breathe out away from the device.



5. Put the mouthpiece in your mouth and close your lips making a tight seal.



6. Breathe in quickly and deeply and hold your breath for 10 seconds.



7. Breathe out slowly.  
If you need another dose of medicine, wait 1 minute and repeat steps 3-7.



8. Rinse with water and spit it out. Close inhaler cover by twisting until tight.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA**.