

# How to Use Your Dulera Inhaler (mometasone/formoterol)

100 mcg/5 mcg, 200 mcg/5mcg



What is my prescription?	Special Instructions
	<p>Take every day to control your symptoms.</p> <p>Rinse mouth thoroughly with water and spit after each use.</p>

## What can I expect while I take this medication?

Dulera® is an inhaled corticosteroid and long-acting beta-2 agonist that helps you breathe easier and improves lung function.

## How do I prime my inhaler?

1. Prime inhaler if new or has not been used in 5 days
2. Remove **Dulera** cap, shake inhaler for 5 seconds
3. Spray it once away from you
4. Repeat shake and spray for a total of 4 sprays

## **How do I use my Dulera Inhaler?**

1. Remove **Dulera** cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
2. Shake inhaler for 5-10 seconds.
3. Breathe out fully (in preparation to breathe in medication).
4. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
5. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
6. Hold your breath for 5-10 seconds, and then breathe out.
7. If your physician has prescribed more than one dose (puff), wait 30 seconds and repeat above.
8. Rinse mouth thoroughly with water after taking medication to decrease the risk of a mouth infection. Spit out the water. **Do not swallow it.**

## **How to clean your Dulera Inhaler:**

Clean 1 time per week after your evening dose to prevent medicine from building up and blocking the spray.

1. Remove the cap.
2. Use a clean, dry cloth or cotton swab to clean the inside and outside of the mouthpiece.
3. Put the cap back over the mouthpiece.

## **How to use a spacer:** (If recommended for use with your inhaler)

1. Remove mouthpiece cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.
3. Hold spacer with the inhaler canister upright.
4. Breathe out fully (in preparation to inhale medication).

5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not block the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister **one** time.
7. Breathe in the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not breathe out).
8. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed.)

**Do not use Dulera to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.**

- To view a video demonstration of your inhaler visit:  
<http://www.dulera.com>
- To learn more information about your health condition visit:  
<http://www.med.umich.edu/careguides>

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