

How to Use Your Pulmicort Flexhaler (budesonide)

90 mcg, 180 mcg



What is my prescription?	Special Instructions
	Rinse and swish mouth thoroughly with water and spit after use.

What can I expect while I take this medication?

Pulmicort Flexhaler will not provide relief at once, but you can expect to breathe easier.

How do I prime my inhaler?

1. Hold the inhaler straight up with the brown grip on the bottom.
2. Holding the brown grip, twist the cap in a counterclockwise direction to remove it.
3. Continue to hold the inhaler straight up and use your other hand to hold the inhaler in the middle.
4. Twist the bottom grip as far as it will go to the **right**.
5. Twist the brown grip as far as it will go to the **left** until you hear a click.

6. Your **Pulmicort Flexhaler** is primed and will not need to be primed again.

How do I use my Pulmicort Flexhaler?

1. Twist the cover & lift it off while holding the inhaler upright.
2. Twist the brown grip fully to the right and then twist it back again to the left until you hear a click.
3. Turn your head away from the inhaler and breathe out fully.
4. Place the mouthpiece in your mouth past your teeth & close your lips around it. Do not block the mouthpiece with your teeth or tongue.
5. Breathe medication in deeply and forcefully. Hold your breath for 5-10 seconds and breathe out.
6. If more than one dose is required, repeat steps 3-5.
7. Put cover back on the **Pulmicort Flexhaler** and twist shut.
8. Rinse and swish thoroughly with water and spit after use.

Do not use Pulmicort Flexhaler treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.

- To learn more about your health condition visit:
<http://www.med.umich.edu/careguides>.
- To learn more about **Pulmicort Flexhaler** inhaler visit:
www.pulmicortflexhalertouchpoints.com

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