

# How to use your QVAR RediHaler (beclomethasone dipropionate)

**40 mcg, 80 mcg**



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?

QVAR RediHaler is an inhaled corticosteroid. It decreases airway swelling. QVAR RediHaler will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing with regular use.

QVAR RediHaler is breath actuated. This means that when you breathe in, the inhaler releases the medicine. In order to take your dose, just open the cap, inhale the medicine and then close the cap to prepare for the next dose.

QVAR RediHaler has:

- Nothing to shake or prime
- Nothing to press
- A spacer-free design (do not use a spacer)
- A built-in dose counter on the back

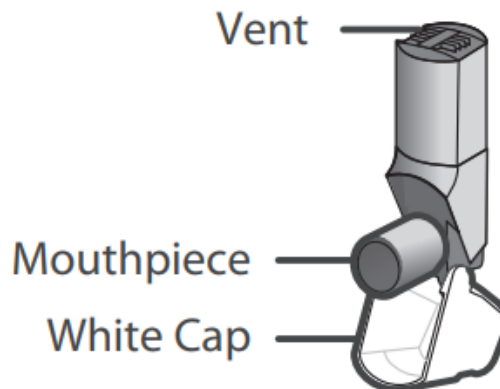
Studies show that using your inhaler correctly can reduce your number of asthma attacks. QVAR RediHaler helps you use your inhaler more efficiently because all you have to use is your breath, there is no priming and no canister to press.

### **What should I know before using my QVAR RediHaler?**

- You must **make sure the white cap is closed** in order to prepare the inhaler with medicine **before each inhalation**. There is no button.
- Do not shake the inhaler. This breath-actuated device does not need to be shaken. This is **not** a press-and-breathe inhaler.
- Do not prime (test spray) the QVAR RediHaler.
- Do not use a spacer or volume holding chamber with QVAR RediHaler.
- Always use the inhaler in the upright position (with the mouthpiece down).
- Once prepared, the inhaler will deliver 1 inhalation of medicine when you breathe in (inhale) through the mouthpiece. Your dose might require more than 1 inhalation.
- Do not open the white cap or leave it open unless you are ready for your next inhalation. If the cap has been opened for more than 2 minutes or left in the open position, you will need to close the white cap before use.
- Do not suddenly stop using your QVAR RediHaler. Contact your healthcare provider immediately if you stop using your QVAR RediHaler.

There are 2 main parts of your QVAR RediHaler including:

1. The inhaler body with the mouthpiece (see **Figure A**)
2. The white cap that covers the mouthpiece of the inhaler (see **Figure A**)

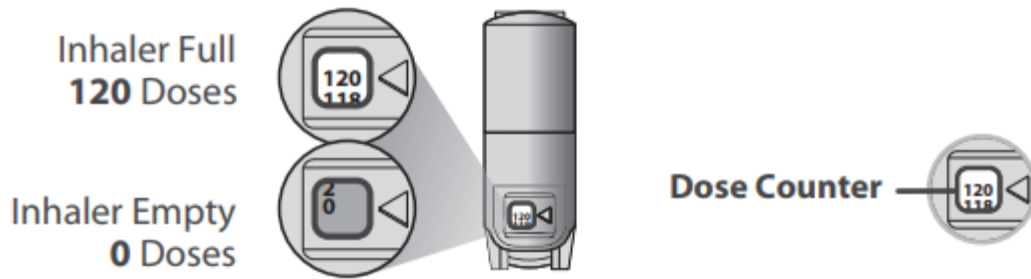


**Figure A**

### **How does the dose counter work?**

There is a dose counter in the back of the inhaler with a viewing window that shows you how many inhalations of medicine you have left. **See Figure B.**

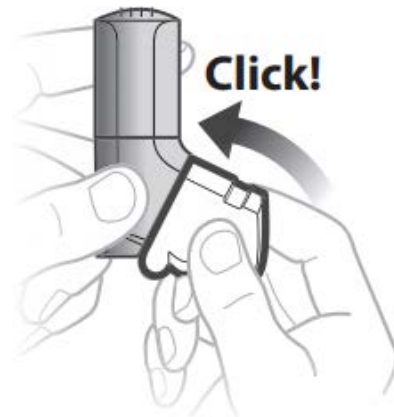
- Your QVAR RediHaler contains 120 inhalations (see **Figure B**).
- The counter on the back of your inhaler shows how many inhalations you have left.
- When there are 20 inhalations left, the numbers in the dose counter will change to red and you should refill your prescription or ask your healthcare provider for another prescription.
- You should stop using the inhaler and throw it away when the dose counter shows “0”. The background will turn solid red meaning your inhaler is empty. Do not put your inhaler into a fire or incinerator. **See Figure B.**



**Figure B**

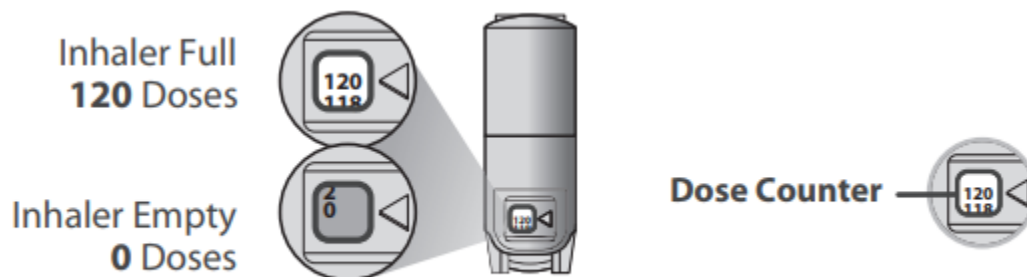
### How do I prepare the inhaler?

- The white cap **must be closed** to prepare the inhaler before each inhalation or you will not receive your medicine. See Figure C.



**Figure C**

- If the white cap is open, close it to prepare your inhaler and look at the dose counter window to make sure that your inhaler is not empty. See **Figure B**.



**Figure B**

- Do not open the cap until you are ready to take your inhalation.

### How do I use my QVAR RediHaler?

### Step 1: Open the white cap

- Open the white cap (See Figure D).
- Breathe out fully.



**Figure D**

### Remember:

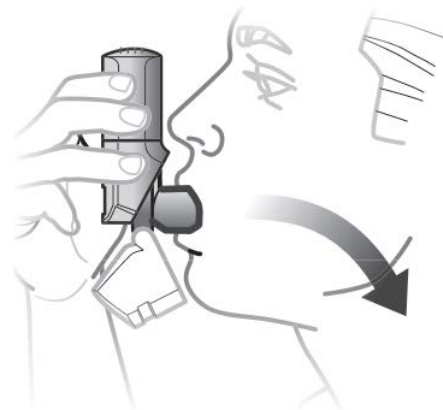
- Do not open the cap until you are ready to take your inhalation.
- Never breathe out into the inhaler mouthpiece.

### Step 2: Inhale 1 time

- Place the mouthpiece in your mouth and close your lips around it so you form a good seal.
- Inhale deeply to release the medicine.
- Remove inhaler, hold breath for 5 to 10 seconds, then breathe out slowly away from the inhaler.

### Remember:

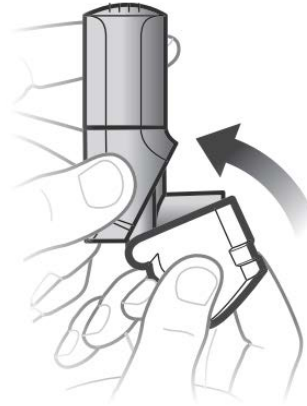
Hold inhaler upright as you take your inhalation. See Figure E.



**Figure E**

### **Step 3. Close the white cap**

Close the white cap after inhaling to prepare your next inhalation. See **Figure F**.



**Figure F**

If your healthcare provider has told you to take more than 1 inhalation per dose, make sure the white cap is closed and repeat steps 1-3.

### **Step 4:**

After taking your prescribed number of inhalations, rinse your mouth with water without swallowing to help reduce the risk of a fungal infection (thrush) in your mouth.

### **How do I store my QVAR RediHaler?**

- Store QVAR RediHaler at room temperature between 68 °F to 77°F (20°C - 25°C). Excursions between 59°F and 86°F (15°C and 30°C) are permitted.
- Do not use or store near heat or open flame. Exposure to temperatures above 120°F (49°C) may cause the canister to burst.
- Do not throw QVAR RediHaler into fire or an incinerator.
- Keep the white cap on the inhaler closed during storage.
- Keep your QVAR RediHaler inhaler dry and clean at all times.
- Keep your QVAR RediHaler and all medicines out of the reach of children.
- Throw away QVAR RediHaler when the dose counter displays '0' or after the expiration date on the package whichever comes first.

## How do I clean my QVAR RediHaler?

- Do not wash or put any part of your QVAR RediHaler in water.
- Clean the mouthpiece of your QVAR RediHaler weekly with a clean, dry tissue or cloth.

**Do not use QVAR RediHaler to 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 the QVAR RediHaler inhaler visit:

<https://www.qvar.com/>

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