

# How to Use Your Alvesco Inhaler (ciclesonide)

80 mcg, 160 mcg



What is my prescription?	Special Instructions
	<ul style="list-style-type: none"> <li>• Take every day to control your symptoms.</li> <li>• Rinse mouth thoroughly with water and spit after</li> </ul>

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

**Alvesco**<sup>®</sup> is an inhaled corticosteroid. It decreases airway swelling and opens small airways. **Alvesco**<sup>®</sup> will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

## How and when to prime your Alvesco<sup>®</sup>:

1. Prime inhaler if new, has not been used in 10 days.
2. Remove cap, and spray three times into the air, away from your face.

## How to use your Alvesco<sup>®</sup>:

1. Remove **Alvesco**<sup>®</sup> cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.

2. Breathe out fully (in preparation to breathe in medication).
3. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
4. While breathing in deeply and slowly, press down **once** on the center of the canister.
5. Continue to breathe in slowly until lungs are full (do not breathe out).
6. Hold your breath for 5-10 seconds, and then breathe out.
7. Take your finger off of the center of the canister and remove the inhaler from your mouth
8. If your physician has prescribed more than one dose (puff), wait 30 seconds and repeat above.
9. 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 Alvesco®:**

1. Clean 1 time per week after your evening dose to prevent medicine from building up and blocking the spray.
2. Remove the cap.
3. Use a clean, dry swab to clean the small circular opening where the medicine sprays out of the canister.
4. Wipe the inside of the mouthpiece with a clean dry tissue.
5. 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.
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 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.
9. Repeat as directed

**Do not use Alvesco® 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 **Alvesco®** inhaler visit:  
<http://www.alvesco.us/How-to-Use-ALVESCO.pdf>

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