

# How to use your Arnuity Ellipta

**100 mcg**

**200 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?

- Arnuity Ellipta is an inhaled corticosteroid that decreases airway swelling.
- Arnuity Ellipta will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

## How to use your Arnuity Ellipta:

1. Slide the cover down to see the mouthpiece. You should hear a click.
2. Every time you slide the cover down, a dose is loaded. If you open and close the cover without inhaling the medicine, you will lose the dose.
3. While holding the inhaler away from your mouth, breathe out fully. Do not breathe out into the mouthpiece.
4. Put the mouthpiece between your lips and close your lips firmly

around it. Your lips should fit over the curved shape of the mouthpiece. Do not block the mouthpiece with your teeth or tongue.

5. Do not block the air vents with your fingers.
6. Take one long, steady, deep breath in through your mouth. Do not breathe in through your nose.
7. Remove the inhaler from your mouth and hold your breath for 3 to 4 seconds.
8. Breathe out slowly and gently.
9. Slide the cover up over the mouthpiece.
10. If your doctor has prescribed more than one dose (puff), wait 30 seconds and repeat above.

You may not taste, feel or smell the dry powder when you are using your inhaler. As long as you are following the directions, you will get your full dose of medication.

### **How to clean your Arnuity Ellipta:**

You can clean the mouthpiece of your inhaler with a dry cloth or tissue. **Do not** wash or put your inhaler in water.

**Do not use Arnuity Ellipta 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 Arnuity Ellipta inhaler visit:  
<http://www.arnuity.com>

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