How to Use Your Xopenex HFA (levalbuterol) Inhaler

What is my prescription?	Special Instructions
	If you need rescue medication more than 2 times a week, call your doctor.

What can I expect while I take this medication?

Xopenex HFA is a quick-relief (rescue) inhaler. It relaxes the muscles around your airways to prevent or treat bronchospasm. **Xopenex HFA** will work within minutes and make breathing easier. After you take your medicine you might feel jittery.

How and when to prime your Xopenex HFA:

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

How to use your Xopenex HFA:

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

How to clean your Xopenex HFA :

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 swab to clean the small circular opening where the medicine sprays out of the canister.
3. Wipe the inside of the mouthpiece with a clean tissue.
4. Put the cap back over the mouthpiece.

How to use a Spacer: (If recommended for use with your inhaler)

1. Remove cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cover 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.

8. Continue to breathe in deeply until lungs are full (do not breathe out).

9. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed)

Xopenex HFA™ is used to treat sudden symptoms of your health condition. Always carry your rescue inhaler with you.

- To learn more about your health condition visit:
  http://www.med.umich.edu/careguides

- To learn more about the **Xopenex HFA™** (levalbuterol) inhaler visit:
  http://www.xopenex.com