

# Pulmicort Flexhaler

*Medicine: Budesonide (byoo-DES-o-nide)*

## What it does

This inhaler contains two medicines that makes your breathing easier over time. They relax the muscles in your airway and decrease swelling and mucus.

## Test spray (priming)

Prime one time before first use only.

1. Hold upright (brown grip on bottom). Turn the white cover and lift it off.
2. Hold the middle of the inhaler (not the mouthpiece) and turn the brown grip as far as it will go. Turn in the other direction. You will hear a click during one of the turns.
3. Repeat step 2 again.

## How to use this inhaler

4. Wash and dry your hands well.
5. Twist the cover and lift it off.
6. Hold upright (mouthpiece up). Make sure you are not holding the mouthpiece.
7. Twist the brown grip as far as it will go. It does not matter which way you turn it.

8. Twist it back the other way as far as it will go.
9. You should hear a click during one of the turns.
10. Exhale (breathe out) through your mouth away from the inhaler.



11. Place the mouthpiece in your mouth and seal with your lips.
12. Inhale (breathe in) quickly and deeply.
13. Remove the mouthpiece from your mouth and hold your breath for 5 to 10 seconds or as long as you can.
14. Exhale through your mouth slowly away from the inhaler.
15. If you need more than 1 dose, repeat steps 3 to 11.
16. Put the cover on and twist it shut. Store in a cool, dry place.
17. Rinse your mouth and spit the water out. **Don't** swallow.

## **Cleaning**

Each week, clean outside of mouthpiece with a dry tissue. **Don't** use water on the inhaler. Keep dry.

## **How to tell if the inhaler is empty**

The dose counter changes with every 10 doses. The inhaler is empty when the counter reads 0.

**If you have questions about the use of your inhaler, please ask your pharmacist or provider.**

For more information and video demos, go to [fpanetwork.org/inhaler](http://fpanetwork.org/inhaler).