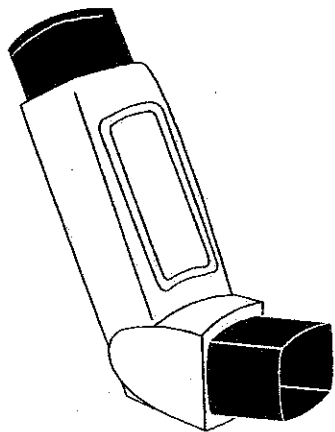


# How to Use Your albuterol RESCUE Inhaler

## How to Use Inhaled Medication:

Inhaled medication is an advance in asthma therapy. The drug goes into the lungs where it is needed, so side effects are decreased.



The most popular method is the METERED DOSE INHALER (MDI). A spacer device helps children to use an MDI most effectively. The spacer device allows the medication to be easily breathed into the smallest breathing tubes in the lung. Popular spacer devices include AeroChamber® and InspirEase®.

Your Action Plan Card has information about when to use your albuterol RESCUE inhaler. If you have questions about using inhaled medication, ask your study coordinator.

Please remember to bring all canisters and study materials along with you to all study visits.

## Inhalation Technique (without a spacer):

1. Take the cap off and shake the inhaler several times.
2. Stand up and look straight ahead.
3. Breathe out. Hold the canister upright with the mouthpiece on the bottom. Put the inhaler in your mouth and close your lips around it.
4. Press down on the canister once and begin to breathe in. Continue to breathe in slowly and deeply for five to six seconds.
5. Remove the inhaler from your mouth.
6. Hold your breath for as long as possible.
7. Take a few normal breaths and then repeat steps 1 through 6, as instructed.
8. Replace the cap on the inhaler when you are finished.
9. Record each puff you take on the back of the Diary Card. At the end of the day, record the total number of puffs taken during the day on the front of the card.

HTMDI

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## How to Use Your albuterol RESCUE Inhaler

### Inhalation Technique (with a spacer):

1. Shake the inhaler well, remove the protective cap and insert the inhaler into the back of the spacer.
2. Breathe out as much as possible. Completely empty your lungs.
3. Place the mouthpiece of the spacer into your mouth between your teeth.
4. Press down on the medication canister. Release one puff of medication.
5. Breathe in *slowly* and *deeply* through the spacer. Fill the lungs with as much air as possible.
6. Hold your breath for 10 seconds.
7. Breathe out.
8. Repeat steps 5 through 7 if you are unable to hold your breath for at least 5 seconds so all of the medication is inhaled.
9. Wait one or two minutes before taking the next puff to get maximum effectiveness.
10. When done, be sure to replace the protective cap on the mouthpiece of the metered dose inhaler and on the spacer.

### How to Clean Your Inhaler:

1. There are two parts to the inhaler: the canister and the casing. Only the casing needs to be cleaned.
2. Wash the casing with warm water and soap.
3. Rinse the casing and dry it with a towel or let it air dry.
4. Clean the casing once a week or, if needed, more frequently.