

Using Your Foradil[®] Aerolizer[®]

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
P H Y S I C I A N S

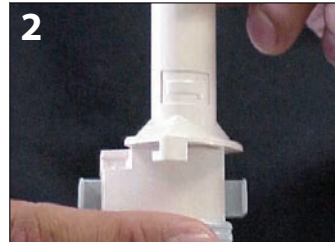
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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.



1 Pull off mouthpiece cover from the Aerolizer[®]. Hold the Aerolizer[®] with mouthpiece straight up.



2 Twist mouthpiece open in the direction of the arrow.



3 To remove capsule from blister pack, peel the paper back then push the capsule through the foil. It is important that the capsule stay in the blister pack until you are ready to take your medicine.



4 Put the capsule into the Aerolizer[®]. The capsule should fit down into the Aerolizer[®] base.



5 Close the mouthpiece. You should hear a Click when the mouthpiece is closed.



6 Hold the Aerolizer[®] with mouthpiece straight up. **SQUEEZE THE TWO BUTTONS AND LET GO.** This releases the medicine.



7 Breathe out all the way. Make sure you **DO NOT BREATHE OUT INTO THE MOUTHPIECE OF THE AEROLIZER[®].**



8 Tilt your head back slightly. Place the Aerolizer[®] between your lips, and form a tight seal. Make sure the buttons are on the sides, not up and down. **BREATHE IN FAST AND DEEP.** As you breathe in, you will hear the Aerolizer[®] vibrate.



9 Remove the Aerolizer from your mouth, and **HOLD** your breath for as long as you can, up to 10 seconds. To make sure you got all of the medicine, open the mouthpiece of the Aerolizer[®], and look at the capsule. Do not touch it. If you still see powder in the capsule, repeat steps 6-8.



10 Open mouthpiece of Aerolizer[®], and dump the capsule directly into a trash can. Do not touch the capsule. Put the mouthpiece cover back on the Aerolizer[®].

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