

How to Use Your QVAR® RediHaler™ Inhaler

Your clinician has prescribed medication that comes in a QVAR RediHaler inhaler. It is important that you know how to use the QVAR RediHaler device so that you can take your medication correctly and breathe better.

Important: The dose indicator window on the back of the inhaler shows the number of doses left in the inhaler. The device counts down by 1 each time you open the white cap.

Note: You do not need to shake or prime this inhaler.

To use your QVAR RediHaler inhaler, complete these steps:



1. With the white cap closed, hold the inhaler upright.



2. Open the white cap. You should hear a click.



3. Remove any dust or lint from the mouthpiece using a clean cloth or tissue.
Important: Do not wash or put the inhaler in water.



4. Hold the inhaler away from your face, and then breathe out.
Important: Do not blow into the inhaler.



5. Hold the inhaler upright, place the mouthpiece between your lips, and then close your lips around the mouthpiece.



6. Take one long, steady, deep breath through your mouth and the inhaler. Breathe in fast and deep.
Important: Do not block the vents on top of the inhaler with your fingers.



7. Remove the inhaler from between your lips.
8. Hold your breath for 10 seconds (or as long as you can).



9. Turn your head, and breathe out slowly and gently away from the inhaler.



10. Close the white cap. If your clinician has told you to take more than one dose of medication, repeat steps 2-9.



11. Rinse your mouth with water, and then spit the water out.

- ! When fewer than 20 doses remain in the QVAR RediHaler device, the counter in the dose indicator window turns red to remind you to get a refill.
 - When you have inhaled the last dose in the QVAR RediHaler device, the dose indicator window will show 0. Your inhaler is empty.
- Dispose of the inhaler properly. Keep the QVAR RediHaler device and all medications out of the reach of children and pets.