

ESSENTIAL INFORMATION for ProAir[®] HFA

Instructions for taking a dose from your ProAir HFA inhaler:

Read through the 6 steps below before using ProAir HFA. If you have any questions, ask your doctor or pharmacist.

- 1 Take the cap off of the mouthpiece of the actuator (see Figure 1). **Shake the inhaler well** before each spray.
- 2 Hold the inhaler with the mouthpiece down (see Figure 2). **Breathe out through your mouth** and push as much air from your lungs as you can. Put the mouthpiece in your mouth and close your lips around it.
- 3 **Push the top of the canister all the way down while you breathe in deeply and slowly through your mouth** (see Figure 2). Right after the spray comes out, take your finger off of the canister. After you have breathed in all the way, take the inhaler out of your mouth and close your mouth.
- 4 **Hold your breath as long as you can**, up to 10 seconds, then breathe normally.
- 5 If your doctor has prescribed more sprays, wait 1 minute and shake the inhaler again. Repeat steps 2 through 4.
- 6 Put the cap back on the mouthpiece after each use of the inhaler, and make sure it snaps firmly into place.



Fig. 1



Fig. 2

When to replace your ProAir HFA inhaler:

- **Before you reach 200 sprays**, you should refill your prescription or ask your doctor if you need another prescription for ProAir HFA
- **Throw the inhaler away** when you have used 200 sprays. You should not keep using the inhaler after 200 sprays even though the canister may not be completely empty, because you cannot be sure you will receive any medicine
- **Do not use the inhaler** after the expiration date, which appears on both the canister and the packaging it comes in

Visit www.ProAirHFA.com or call **1-888-482-9522** for additional support or information regarding the cleaning and operation of your inhaler.

How to clean your ProAir HFA inhaler:

It is very important to keep the plastic actuator clean so the medicine will not build up and block the spray. Do not try to clean the metal canister or let it get wet. The inhaler may stop spraying if it is not cleaned correctly. Wash the actuator at least once a week.

Cleaning instructions:

- 1 Take the canister out of the actuator, and take the cap off of the mouthpiece.
- 2 Wash the actuator through the top with warm running water for 30 seconds (see Figure 3). Then wash the actuator again through the mouthpiece (see Figure 4).
- 3 Shake off as much water from the actuator as you can. Look into the mouthpiece to make sure any medicine build up has been completely washed away. If there is any build up, repeat steps in Figures 3 and 4.
- 4 Let the actuator air dry completely overnight (see Figure 5).
- 5 When the actuator is dry, put the canister in the actuator and make sure it fits firmly. Shake the inhaler well and spray it twice into the air away from your face. Put the cap back on the mouthpiece.

If your actuator becomes blocked: Wash the actuator as described in the "How to clean your ProAir HFA inhaler" section above. Blockage from medicine build up is more likely to happen if you do not let the actuator air dry completely.

If you need to use your inhaler before the actuator is completely dry, shake as much water off of the actuator as you can. Put the canister in the actuator and make sure it fits firmly. Shake the inhaler well and spray it twice into the air away from your face. Then take your dose as prescribed, and clean and air dry the actuator completely.

If you need to use your ProAir HFA inhaler more than twice a week, ask your doctor about using a controller medication such as QVAR® (beclomethasone dipropionate HFA) Inhalation Aerosol (see reverse).

FOR ORAL INHALATION ONLY.

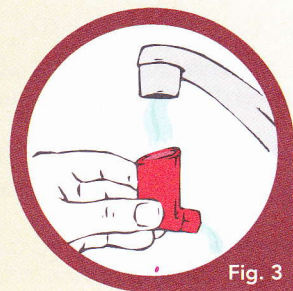


Fig. 3

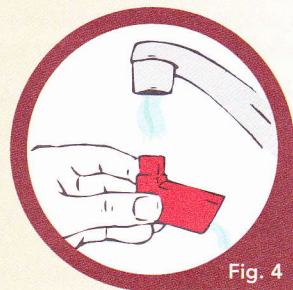


Fig. 4



Fig. 5

ProAir® HFA
(albuterol sulfate)
Inhalation Aerosol

The difference is in the design

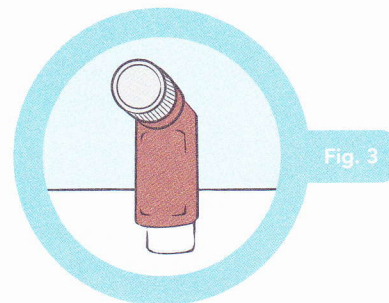
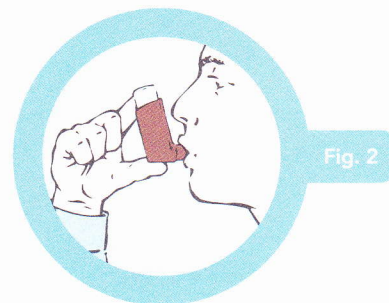
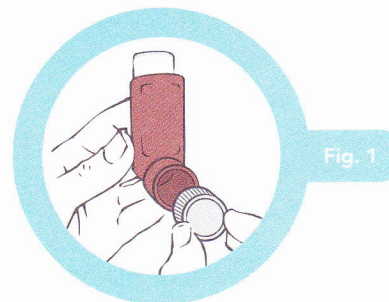
ESSENTIAL INFORMATION for QVAR[®]

Instructions for taking a dose from your QVAR inhaler:

Read through the 8 steps below before using QVAR. Remember to use this controller therapy as instructed. If you have any questions, ask your doctor or pharmacist.

As with all aerosol medications, prime the QVAR inhaler before using it for the first time. In addition, prime the QVAR inhaler if you haven't used it in the last 10 days or longer.

- ❶ Remove the plastic cap (see *Figure 1*) and be sure there are no foreign objects in the mouthpiece.
- ❷ Before each use, make sure the canister is firmly seated in the plastic mouthpiece adapter. If needed, prime by releasing 2 puffs into the air, away from your face.
- ❸ Breathe out as fully as you comfortably can. Hold the inhaler as shown (see *Figure 2*). Close your lips around the mouthpiece, keeping your tongue below it.
- ❹ While breathing in deeply and slowly, press down on the canister with your finger. When you have finished breathing in, hold your breath for as long as comfortably possible (5-10 seconds).
- ❺ Take your finger off of the canister and remove the inhaler from your mouth. Breathe out gently.
- ❻ If your doctor has told you to take more than one inhalation per treatment, repeat steps 3 through 5.
- ❼ Rinse your mouth with water.
- ❽ Store your QVAR inhaler at 77°F (25°C). The canister should be at room temperature when you use it. Place the QVAR canister right side up when you store it, so the plastic actuator is on top (as shown in *Figure 3*).



When to replace your QVAR inhaler:

- **DISCARD THE CANISTER ON** the date calculated by your physician or pharmacist, or after you have used 100 puffs. Although the inhaler may not be completely empty at this time, inhalations after this may not have the right amount of medication.
- **Do not take extra doses or stop taking QVAR without consulting your doctor**



How to clean your QVAR inhaler:

It is very important to keep the plastic actuator clean so the medicine will not build up and block the spray. Do not try to clean the metal canister. The inhaler may stop spraying if it is not cleaned correctly.

- Clean the mouthpiece at least once a week with a clean, dry tissue/cloth
- Do not wash your inhaler or get any part of it wet

Important things to remember:

Use QVAR only as your doctor directs. Use it regularly and at the times your doctor has prescribed.

- Do not confuse QVAR with other inhaler medication for your condition. **QVAR will not provide immediate relief if you are having an attack.** Always have a rescue inhaler on hand
- Do not use the QVAR mouthpiece with any other inhaled medication. Use the QVAR inhalation aerosol canister only with the QVAR inhalation aerosol mouthpiece

Check with your doctor if:

- You are just starting to use QVAR and are not sure what to expect. It may take from 1 to 4 weeks before you feel the full benefits
- You also use another inhaled medication. Ask your doctor for times to use each medication so you can avoid interactions or adverse reactions

For best results and to prevent accidents:

- Do not use, store, or dispose of your QVAR inhaler near heat or an open flame
- Exposure to temperatures above 120°F may cause bursting
- Never throw the container into fire or an incinerator
- Do not puncture the canister. Contents under pressure
- Keep your QVAR inhaler out of the reach of children
- Avoid spraying the medication in your eyes

Visit www.QVAR.com
or call 1-888-482-9522
for additional support
or information regarding
the cleaning and operation
of your inhaler.

Always be sure to carry a rescue inhaler, such as ProAir[®] HFA (albuterol sulfate) Inhalation Aerosol (see reverse) while using a controller medication such as QVAR.

FOR ORAL INHALATION ONLY.

QVAR[®]

(beclomethasone dipropionate HFA)
INHALATION AEROSOL

The fine art of control

www.QVAR.com