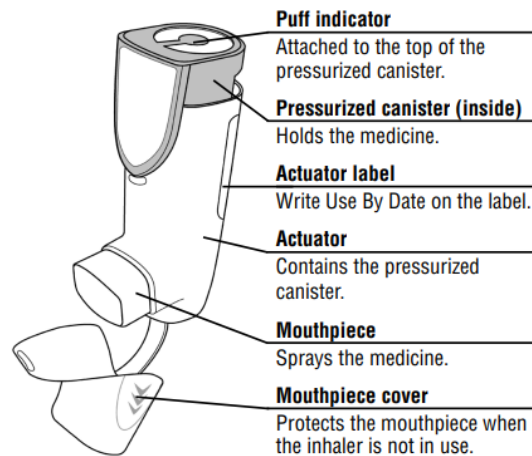


How to Use Your AIRSUPRA® Inhaler (albuterol/budesonide) for Asthma Anti-Inflammatory Reliever (AIR) Therapy

AIRSUPRA® inhaler (90/80 mcg)

Parts of your AIRSUPRA inhaler



What is the purpose of this medication?

AIRSUPRA® combines 2 medications: a **short-acting beta-2 agonist (SABA)** medication called albuterol sulfate and an **inhaled corticosteroid (ICS)** medication called budesonide. These 2 medications are given together in 1 inhaler as a spray.

- SABA medications help to relax the muscles in your airways, causing them to widen so you can breathe easier.
- ICS medications help to reduce inflammation (swelling, redness) in your lungs to improve your lung function.

AIRSUPRA® is a prescription medication used as needed as a rescue inhaler to treat or prevent the symptoms of asthma (like tightening of the airways, wheezing, cough, and shortness of breath). It can also help prevent sudden

severe breathing problems (asthma attacks). **It should not be used as regular (maintenance) treatment for asthma.**

- If you are currently taking other medication for long-term management of asthma symptoms, you should continue taking that medication as instructed by your provider.

What is asthma anti-inflammatory reliever (AIR) therapy?

Asthma AIR therapy is a new strategy to better manage asthma when patients have an asthma flare-up (also called an asthma attack). It involves an increase of inhaled corticosteroid medication to treat inflammation along with a short-acting beta-agonist medication to treat bronchospasms (tightening of the airways in your lungs). In some cases, your regular asthma medication may be the same medication used for AIR therapy because it works quickly.

How and when should I prime this medication?

- You will need to **prime** your AIRSUPRA® inhaler. Priming an inhaler means making sure the medication is mixed with the spray so you will get the correct dose of medication when you use the inhaler. Extra puffs are included in the inhaler for priming, and it's important not to skip the priming step. Make sure you prime your inhaler:
 - If your inhaler is new
 - If you have not used it in 7 days
 - If you drop your inhaler
 - After every time you rinse the **actuator** (the part of the inhaler that holds the canister of medication)
- Follow these steps to prime your inhaler:
 1. Take the cover off the mouthpiece by squeezing both sides of the cover while pulling it down.
 2. Shake the inhaler well for 5 seconds.

3. Hold the inhaler facing away from you and press down on the top of the puff indicator (on top of the canister) to spray 1 puff into the air.
 - If your inhaler is new, repeat the priming steps for a total of 4 puffs.
 - If you are re-priming your inhaler (after not using it for 7 days, dropping it, or rinsing the actuator), repeat the priming steps for a total of 2 puffs.

How do I use my AIRSUPRA® inhaler for asthma AIR therapy?

1. Take the cover off the mouthpiece. Check the mouthpiece and remove anything that should not be in there (that would get in the way of the spray).
2. Put your middle or index finger on top of the canister and put your thumb under the mouthpiece of the inhaler.
3. Shake your inhaler for 5-10 seconds.
 - If you're able to use a spacer, or if your doctor has recommended you use a spacer, attach the spacer to your inhaler after shaking it and then remove the mouthpiece cap from your spacer. If you don't have a spacer, still use the inhaler for AIR therapy.
4. Breathe out fully (to prepare to breathe in the medication).
5. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
 - If you're using a spacer, make sure to hold the spacer with the inhaler upright and tilt your head back slightly when you close your lips around the spacer's mouthpiece.
6. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
 - If you're using a spacer, push the canister down to release the

medication into the spacer. Then breathe in slowly and deeply through the spacer mouthpiece.

- If you hear a high-pitched whistling sound, you are inhaling too quickly. Remember to use a deep, slow, steady breath.
7. Hold your breath for as long as you can or up to 10 seconds, and then breathe out.
 - If your doctor told you to take more than 1 dose (puff), immediately repeat the shake and inhale step to take a second puff..
 8. Rinse your mouth well with water after taking this medication to decrease the risk of a mouth infection. Spit out the water you rinsed with (do not swallow it).

How do I clean my AIRSUPRA® inhaler?

Clean the inhaler actuator once per week to prevent the medication from building up and blocking the spray through the mouthpiece. Don't let the canister get wet. Re-prime your inhaler after rinsing. Follow these cleaning steps:

1. Remove the canister from the actuator and set it aside.
2. Take the cover off the mouthpiece.
3. Rinse each end of the actuator with warm water for 30 seconds. Do not use soap.
4. Look into the mouthpiece and actuator to make sure any medication build-up has been completely washed away. If there is still build-up, repeat the rinse again.
5. Shake off as much water as you can. Do not dry the actuator with a towel or tissue. Let it air dry.

How should I store my AIRSUPRA® inhaler?

Store your inhaler in a cool, dry place away from moisture, heat, or sunlight.

Where can I learn more about my condition or inhaler?

- To learn more about your health condition, visit:
[CareGuides.med.umich.edu](https://careguides.med.umich.edu)
- To learn more about the AIRSUPRA® inhaler, visit: [AIRSUPRA.com](https://airsupra.com)

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