

How to Use Your Alvesco® Inhaler (ciclesonide) for Asthma Anti- Inflammatory Reliever (AIR) Therapy

Alvesco® inhaler (80 mcg or 160 mcg)



What is the purpose of this medication?

Alvesco® is an inhaled corticosteroid. It decreases swelling in your airways and opens small airways.

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 (swelling) and 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?

- If your Alvesco® inhaler is new, or if you have not used it in 10 days, you will need to **prime** your 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.

- Prime your inhaler by removing the cap, shaking the inhaler for 5 seconds, and spraying the medication 3 times into the air, away from your face.

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

1. Remove the cap. Put your middle or index finger on top of the canister and put your thumb under the mouthpiece of the inhaler.
 - If your doctor has recommended you use a spacer, attach the spacer to your inhaler and then remove the mouthpiece cap from your spacer.
2. Breathe out fully (to prepare to breathe in the medication).
3. 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.
4. 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.
5. Hold your breath for 5-10 seconds, and then breathe out.
 - If your doctor told you to take more than 1 dose (puff), wait 30 seconds and then repeat the steps above.
6. 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 Alvesco® inhaler?

Clean your inhaler once per week to prevent the medication from building up and blocking the spray.

1. Remove the cap.
2. Use a clean, dry cotton swab (Q-tip®) to clean the small circular opening where the medication sprays out of the canister.
3. Wipe the inside of the mouthpiece with a clean, dry tissue.
4. Put the cap back over the mouthpiece.

How should I store my Alvesco® 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 Alvesco® inhaler, visit: [Alvesco.us](https://alvesco.us)

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