

# How to Use Your Dulera® Inhaler (mometasone/formoterol) for Asthma Anti-Inflammatory Reliever (AIR) Therapy

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Dulera® inhaler (100/5 mcg or 200/5 mcg)



## What is the purpose of this medication?

Dulera® is an inhaled corticosteroid and long-acting beta-2 agonist that helps you breathe easier and improves your lung function.

## 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 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?

- If your Dulera® inhaler is new, or if you have not used it in 5 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 over the mouthpiece, shaking the inhaler for 5 seconds, and spraying it once away from you. Repeat these steps for a total of 4 sprays.

## **How do I use my Dulera® inhaler for asthma AIR therapy?**

1. Remove the cap over the mouthpiece. Put your middle or index finger on top of the canister and put your thumb under the mouthpiece of the inhaler.
2. 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.
3. Breathe out fully (to prepare to breathe in the medication).
4. 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.
5. 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.
6. 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.
7. 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 Dulera® inhaler?

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

1. Remove the cap from the mouthpiece.
2. Use a clean, dry cloth or cotton swab to clean the inside and outside of the mouthpiece.
3. Put the cover back over the mouthpiece.

## How should I store my Dulera® 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 Dulera® inhaler, visit: [Dulera.com](https://dulera.com)

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Author: Arjun Mohan, MD  
Edited by: Brittany Batell, MPH MSW

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