

How to Use Your QVAR RediHaler® (beclomethasone dipropionate) for Asthma Anti-Inflammatory Reliever (AIR) Therapy

QVAR RediHaler® (40 mcg or 80 mcg)



What is the purpose of this medication?

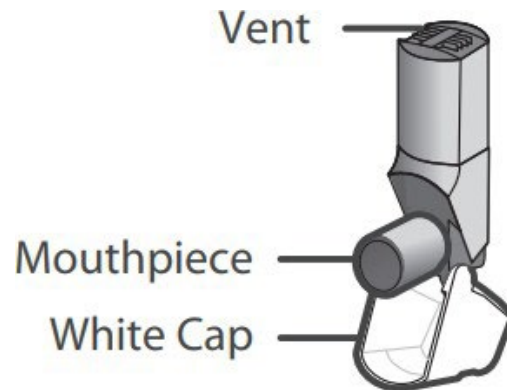
QVAR RediHaler® is an inhaled corticosteroid that decreases swelling in your airways. It can help you reduce your number of asthma attacks.

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.

What can I expect while I take this medication?

QVAR RediHaler® is **breath actuated**. This means that when you breathe in, the inhaler releases the medication. To take your dose, you simply open the cap, inhale the medication, and close the cap to prepare it for the next dose. You do not need to prime the inhaler, shake it, or press down the canister to use this medication.



What should I know before using my QVAR RediHaler®?

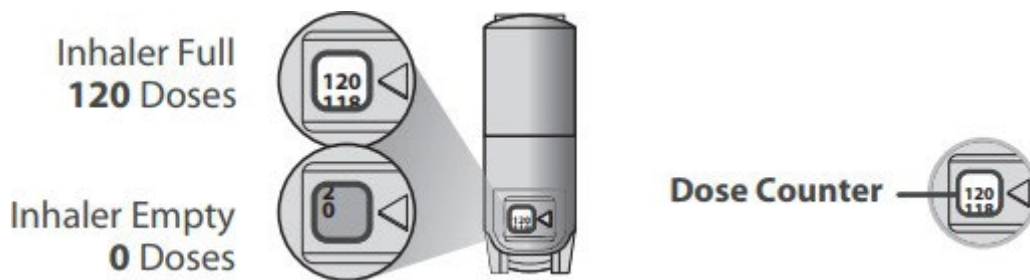
There are 2 main parts of your inhaler: the inhaler body with the mouthpiece and the white cap that covers the mouthpiece.

- **Make sure the white cap is closed to prepare the inhaler with medication before each inhalation (dose).**
- Do not shake the inhaler. This breath actuated inhaler does not need to be shaken. This is not a press-and-breathe inhaler. It does not need priming.
- Do not use a spacer or volume-holding chamber with this inhaler.
- Always use the inhaler in the upright position (with the mouthpiece down).
- Once prepared, the inhaler will deliver 1 inhalation (dose) of medication when you breathe in (inhale) through the mouthpiece. You may need to take more than 1 inhalation.
- Do not open the white cap or leave it open unless you are ready for your next inhalation. If the cap has been open for more than 2 minutes or left in the open position, you will need to close the white cap before using it.

How does the dose counter work?

There is a dose counter in the back of the inhaler with a viewing window that shows you how many inhalations of medicine you have left.

- Your QVAR RediHaler® contains 120 inhalations. The counter on the back of your inhaler shows how many inhalations you have left.
- When there are 20 inhalations left, the numbers in the dose counter will change to red. This is a reminder that you should refill your prescription or ask your healthcare provider for another prescription.
- You should stop using the inhaler and throw it away when the dose counter shows 0. The background will turn solid red, meaning your inhaler is empty. Do not put your inhaler into a fire or incinerator.



How do I prepare my QVAR RediHaler® for asthma AIR therapy?

The white cap must be closed to prepare the inhaler before each inhalation or you will not get the medication.

- If the white cap is open, close it to prepare your inhaler and look at the dose counter window to make sure that your inhaler is not empty.
- Do not open the cap until you are ready to take your inhalation.

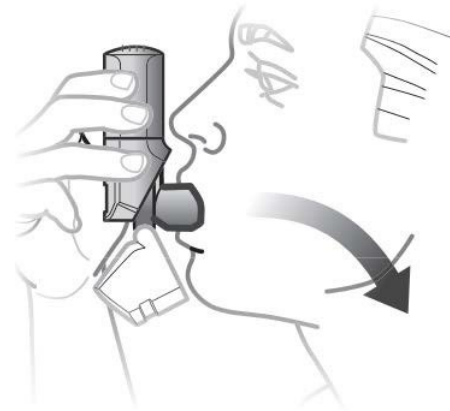


How do I use my QVAR RediHaler® for asthma AIR therapy?

1. Open the white cap.
2. Breathe out fully (to prepare to breathe in the medication).
 - Never breathe out into the inhaler mouthpiece.
3. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.



4. Inhale deeply to release the medication.
Remove the inhaler mouthpiece from your mouth, hold your breath for 5-10 seconds, and then breathe out slowly (away from the inhaler).



- Hold the inhaler upright as you take your inhalation.
5. Close the white cap after inhaling to prepare your next inhalation.
 - If your doctor told you to take more than 1 inhalation, make sure the white cap is closed and repeat the steps above.
 6. After you're done with your inhalations, rinse your mouth well with water to decrease the risk of a mouth infection. Spit out the water you rinsed with (do not swallow it).

How do I clean my QVAR RediHaler®?

Clean the mouthpiece on your inhaler once per week with a clean, dry tissue or cloth. Do not wash or put any part of your inhaler in water.

How should I store my QVAR RediHaler®?

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 QVAR RediHaler[®], visit: QVAR.com

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