How to Use Your Pulmicort® Flexhaler™ (budesonide) for Asthma Anti-Inflammatory Reliever (AIR) Therapy

Pulmicort® Flexhaler™ (90 mcg or 180 mcg)

What is the purpose of this medication?

Pulmicort® Flexhaler™ is an inhaled corticosteroid that decreases swelling in your lungs.

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 Pulmicort® Flexhaler™ is new, you will need to **prime** your inhaler. You only need to prime it once. 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. Follow these steps:

1. Hold the inhaler straight up, with the brown grip on the bottom.
2. Holding the brown bottom grip, twist the inhaler cap in a counterclockwise direction to remove it.
3. Continue to hold the inhaler straight up, using one hand to hold the middle of the inhaler.
4. Twist the brown bottom grip as far as it will go clockwise.
5. Twist the brown bottom grip as far as it will counterclockwise until you hear a click.

How do I use my Pulmicort® Flexhaler™ for asthma AIR therapy?

1. Hold the inhaler straight up (with the brown part on the bottom). Twist the inhaler cap and lift it off.
2. Twist the brown grip clockwise, and then twist it back again counterclockwise until you hear a click.
3. With your head turned away from the inhaler, 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.
5. Breathe in deeply and forcefully through your mouth.
6. Remove the inhaler from your mouth while holding your breath for 5-10 seconds, and then breathe out.
   - If your doctor told you to take more than 1 dose (puff), and then repeat the steps above.
7. Put the cover back on the inhaler and twist it shut.
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 should I store my Pulmicort® Flexhaler™?

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

Where can I learn more about my condition?

- To learn more about your health condition, visit:

  CareGuides.med.umich.edu