

Using Your Foradil[®] Aerolizer[®]

Patient Education Guide

To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.



1 Pull off mouthpiece cover from the Aerolizer[®]. Hold the Aerolizer[®] with mouthpiece straight up.



2 Twist mouthpiece open in the direction of the arrow.



3 To remove capsule from blister pack, peel the paper back then push the capsule through the foil. It is important that the capsule stay in the blister pack until you are ready to take your medicine.



4 Put the capsule into the Aerolizer[®]. The capsule should fit down into the Aerolizer[®] base.



5 Close the mouthpiece. You should hear a Click when the mouthpiece is closed.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.

Using Your Foradil® Aerolizer®

Page 2

AMERICAN COLLEGE OF
CHEST
PHYSICIANS®

American College of Chest Physicians
3300 Dundee Road, Northbrook, IL 60062
(847) 498-1400 phone
(847) 498-5460 fax
www.chestnet.org



6 Hold the Aerolizer® with mouthpiece straight up. **SQUEEZE THE TWO BUTTONS AND LET GO.** This releases the medicine.



7 Breathe out all the way. Make sure you **DO NOT BREATHE OUT INTO THE MOUTHPIECE OF THE AEROLIZER®.**



8 Tilt your head back slightly. Place the Aerolizer® between your lips, and form a tight seal. Make sure the buttons are on the sides, not up and down. **BREATHE IN FAST AND DEEP.** As you breathe in, you will hear the Aerolizer® vibrate.



9 Remove the Aerolizer from your mouth, and **HOLD** your breath for as long as you can, up to 10 seconds. To make sure you got all of the medicine, open the mouthpiece of the Aerolizer®, and look at the capsule. Do not touch it. If you still see powder in the capsule, repeat steps 6-8.



10 Open mouthpiece of Aerolizer®, and dump the capsule directly into a trash can. Do not touch the capsule. Put the mouthpiece cover back on the Aerolizer®.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.