

How to Use a Pulmicort Flexhaler

Learning how to use a Pulmicort Flexhaler correctly is an important first step in controlling your asthma when this is the medication your doctor prescribed. Once the Pulmicort Flexhaler is activated and ready to use, the inhalation technique is the same as that for [Asmanex](#).

Difficulty: Easy

Time Required: 5 Minutes

Here's How:

1. Hold the top (white cap) of the Pulmicort Flexhaler device in one hand, and unscrew the cap by twisting the bottom (brown dial) to the left.
2. Twist the brown dial on the bottom of the inhaler to the right as far as it will go.
3. Now, twist the brown dial back to the left as far as it will go.
4. When you hear a "click" the medicine is now ready to be inhaled.
5. Hold the Flexhaler up to the mouth, making a tight seal with the lips around the tip of the inhaler.
6. Take a long, deep breath, sucking in from the Twisthaler. Hold the breath for 5 to 10 full seconds, then relax and exhale normally.
7. Repeat steps 2 through 5 for each of the prescribed number of inhalations.
8. Thoroughly rinse your mouth and/or brush your teeth after using any inhaled steroid, including the Pulmicort Flexhaler.

