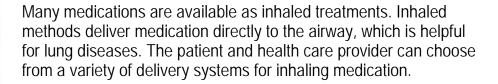




An Educational Health Series From National Jewish Health®

# **Using A RediHaler®**



A RediHaler® consists of a pressurized canister of medication in a plastic case with a mouthpiece. The RediHaler ® is breath activated. This means when you inhale, the RediHaler® automatically releases a mist of medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the mediation's effectiveness. Its portable size, efficiency and convenience make the RediHaler® a desirable method for inhalation treatment.

The following steps outline the best method to use a RediHaler®.

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#### How to Assemble the RediHaler®

- 1. Hold the RediHaler® with the mouthpiece down.
- 2. Open the white cap that covers the mouthpiece. Do not open the cap unless you are ready to take a dose.
- 3. Do not cover the air vents at the top of the RediHaler®.
- 4. Do not shake the RediHaler®.



## Taking an Inhaled Treatment

- 1. Gently breathe out.
- 2. Seal your lips tightly around the mouthpiece.
- 3. Inhale deeply with steady, moderate force. You will hear a click and feel mist when your breath activates the medication. Do not stop inhaling when you feel the mist. Continue to take a full, deep breath.
- 4. Hold your breath for up to ten seconds. This allows the medication time to deposit in the airway.
- 5. Resume normal breathing.

- 6. Close the white cap after inhaling the medication to prepare for the next dose.
- 7. Repeat steps 1-6 when more than one puff is prescribed.
- 8. If the medication you are taking is an inhaled steroid rinse your mouth after using the RediHaler®.

### Identifying When the RediHaler® is Empty:

- 9. The RediHaler® has a dose indicator on the back of the device. Numbers on the dose indicator show how many doses are left in the RediHaler®.
- 10. When there are twenty doses left in the RediHaler® the numbers on the dose indicator will turn red. This means it is time to refill the medication.



11. When the red number is at 0 with a solid red background the RediHaler® is empty. Plan to get a new RediHaler® before the dose indicator gets to 0.

### **Cleaning and Care**

- 1. Clean the RediHaler® once a week or sooner if needed.
- 2. Wipe the mouthpiece with a clean dry cloth.
- 3. Do not put the RediHaler® in water.
- 4. Keep the RediHaler® closed when not in use.

Note: This information is provided to you as an educational service of National Jewish Health.

It is not meant to be a substitute for consulting with your own physician.

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