

Dulera® – SMART (Single Maintenance and Reliever Therapy)

(Mometasone and Formoterol
with spacer and mask)
Metered dose inhaler



□ 50/5 mcg



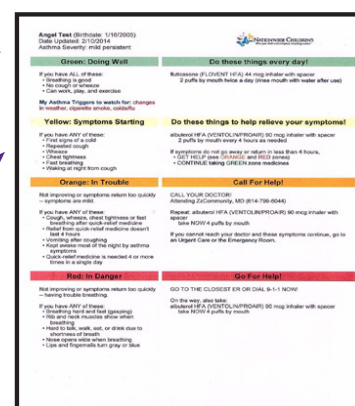
□ 100/5 mcg



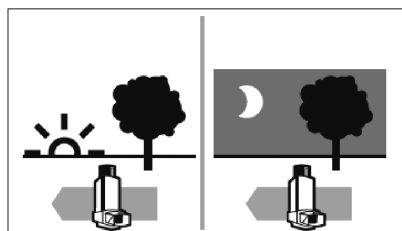
□ 200/5 mcg

Reason for taking this medicine:

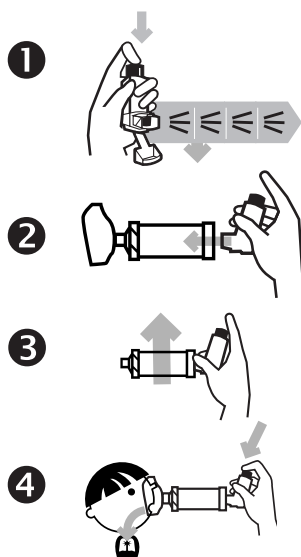
- This is a controller AND reliever medicine. It will help decrease swelling in the lungs (controller therapy) and treat coughing, wheezing, and shortness of breath (reliever therapy).
- This is a medicine that must be used every day to prevent asthma flare-ups and help control asthma symptoms. Use this medicine when you are in the green zone on your asthma action plan.
- You will also use this medicine as your reliever inhaler when you are in the yellow zone on your asthma action plan.



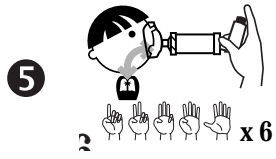
How and when to take this medicine:



- Use a spacer and mask with this inhaler.
- Use 2 times each day – 2 puffs in the morning and 2 puffs in the evening.
- You will also use 1-2 puffs as needed for asthma symptoms.
 - 4-11 years old: maximum of 8 puffs per day
 - 12 years and older: maximum of 12 puffs per day



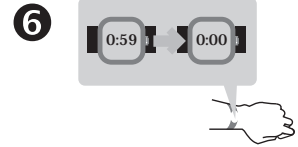
- The first time you use this inhaler:
 - Shake and then push down on the inhaler 4 times to prime or waste the inhaler.
 - Spray the medicine into the air.
 - The dose counter should show “120.”
- Place the inhaler in the end of the spacer.
- Shake well for 10 seconds.
- Place mask tightly over the nose and mouth.
 - Push down on the inhaler.
 - Take slow, deep breaths.



5. Breathe in and out 6 times.

6. Wait 1 minute.

7. Repeat steps 3-5 for second puff.



Possible side effects:



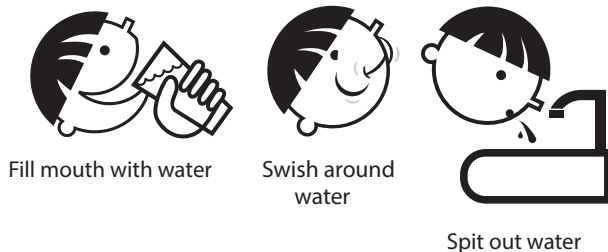
- Dry mouth
- Sore throat
- Hoarse voice
- Headache
- Fast heartbeat
- Tremor or nervousness

Call the doctor or clinic if:

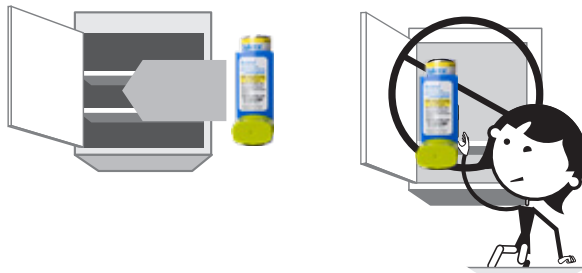
- You need to use more than 8-12 puffs in a day for your symptoms.
- You are exposed to chickenpox or measles.
- You can see blood when you spit.
- You have white spots in the mouth, called thrush.
- You have questions about this medicine or how to use it.

Important things to remember:

- Rinse your mouth out with water, brush teeth, or get a drink after every use. This can help avoid getting thrush.
- Never put the metal canister in water.
- Clean plastic holder each week:
 - Dulera® has a built-in dose counter; do not remove the metal canister.
 - Use a cotton swab to clean the opening where the medicine sprays out of the canister.
- Clean the spacer and mask each week:
 - You may place this in the top rack of a dishwasher
 - OR
 - Soak in warm soapy water for 15 minutes.
 - Run water through it, shake off water, and set out to dry.
- Dulera® has a dose counter to tell you when the inhaler is empty.
- Dulera may not last a full month if you need doses as reliever therapy. Refill your inhaler when the dose counter shows "020."



How to store:



- Store in a cool dry cabinet.
- Do not store in bathroom.
- Keep out of reach of children.