

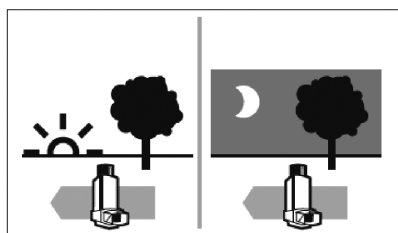
Dulera®
(Mometasone and Formoterol with
spacer and mask)
Metered dose inhaler



Reason for taking this medicine:

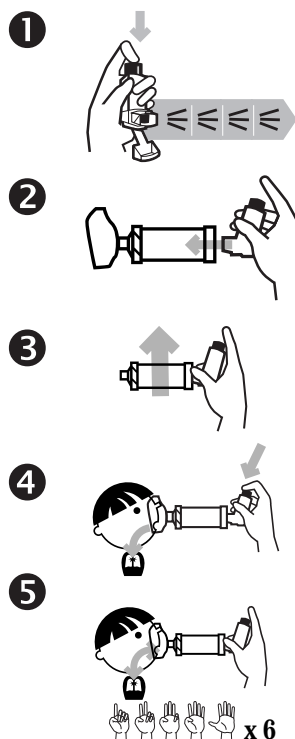
- To help reduce and prevent swelling in the lungs.
- This is a controller medicine and will not help if you are coughing, wheezing or have shortness of breath.
- **This is a medicine that must be used every day.**

How and when to take this medicine:

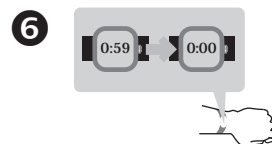


- Use a spacer and mask with this inhaler.
- Use 2 times each day –2 puffs in the morning and 2 puffs in the evening.

1. 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.”



2. Place the **inhaler** in the end of the spacer.
3. Shake well for 10 seconds.
4. 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 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.

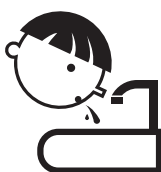
Important things to remember:



Fill mouth with water



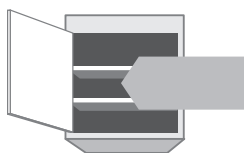
Swish around
water



Spit out water

- Rinse your mouth out with water, brush teeth, or get a drink after every use. This can help avoid getting thrush.
- If you are suddenly having trouble breathing, use your rescue inhaler, albuterol.
- Dulera® may take a few weeks before it starts to work.
- Use this medicine until your doctor tells you to stop.
- Never put metal canister in water.
- Clean plastic holder each week:
 - Dulera® has a built-in counter; do not remove the metal canister.
 - Use a cotton swab to clean the opening where the medicine sprays out of the canister.
- Clean spacer and mask each week:
 - 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.
- 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.