

# Dulera<sup>®</sup> As Needed

(Mometasone and Formoterol)  
Metered dose inhaler with spacer



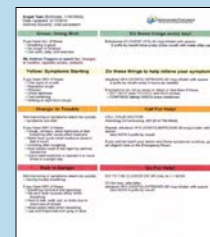
☐ 50/5 mcg



☐ 100/5 mcg

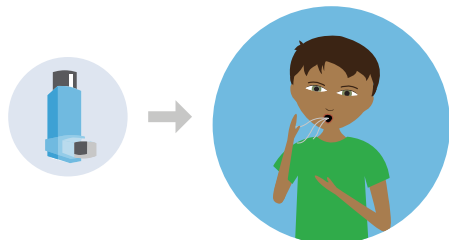
## Reason for taking this medicine:

- To give you fast relief from asthma symptoms of **coughing, wheezing or shortness of breath**.
- This medicine works by opening the airways. It usually works within 15 minutes.
- If you are in the **yellow, orange, or red zones** of your asthma action plan, use this medicine.
- Your doctor may also tell you to use this medicine 15 to 30 minutes before exercising.

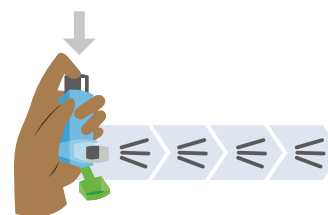


## How and when to take this medicine:

- Use the prescribed number of puffs for **coughing, wheezing, or shortness of breath**.
- Use a spacer with this inhaler.
- You will use 1–2 puffs as needed for asthma symptoms.
- Do not use more than 12 puffs per day.



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.”
- Now it is ready to use (“primed”).

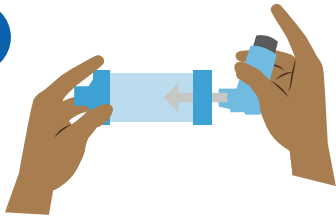


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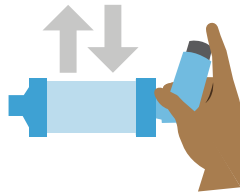
Use the information on this sheet only after your healthcare provider has talked with you about it and explained how to use this medicine. The information on this sheet does not replace your healthcare provider's instructions or advice.

2



Place the **inhaler** in the end of the spacer.

3



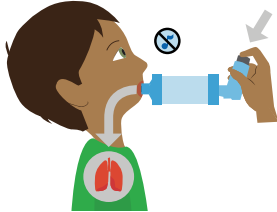
Shake well for 10 seconds.

4



Turn your head to the side and **breathe out**.

5



Close your mouth around the mouthpiece of the spacer.

- Push down on the inhaler.
- **Take a slow deep breath.**
- If the spacer makes a whistle sound, breathe in slower.

6



Hold your breath for 10 seconds.

7



Wait 1 minute.

8



Repeat steps 3–6 if you use 2 puffs.

### Possible side effects:



- Dry mouth
- Sore throat
- Hoarse voice
- Headache
- Fast heartbeat
- Can make you hyper or cause your body to shake.

### Call the doctor or clinic if:

- **You need to use more than 8–12 puffs in a day for your symptoms.**
- You need to use your inhaler many times a week for relief of symptoms.
- This medicine doesn't help your coughing, wheezing, or shortness of breath.
- 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.



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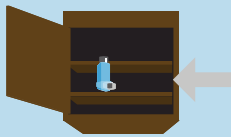
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## Important things to remember:

- If you haven't used this inhaler in 2 weeks, prime with 1 to 2 puffs before using.
- 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 spacer 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.
- **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 and pets.**



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