

## Dulera® with Spacer

(Mometasone and Formoterol  
with spacer)

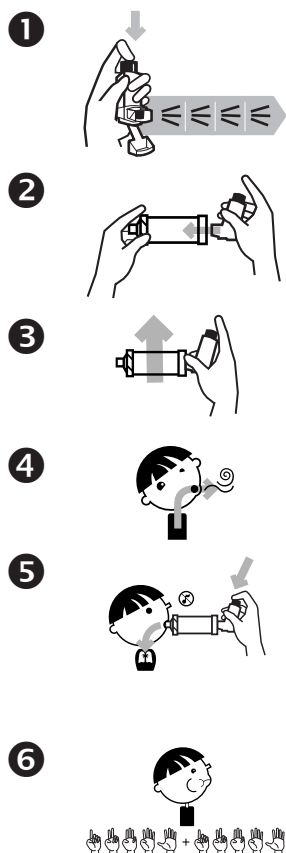
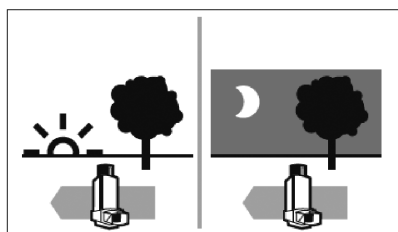
Metered dose inhaler



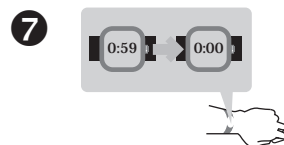
### Reason for taking this medicine:

- 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:



- 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.
- Turn your head to the side and **breathe out**.
- 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.
- Hold your breath for 10 seconds.
- Wait 1 minute.
- Repeat steps 3-6 for second puff.



### 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 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.

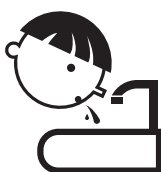
### Important things to remember:



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 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.