

### How to use the QVAR ReditHaler

Your health care provider has prescribed medication that is given using the QVAR ReditHaler. This medication is given in two strengths: **40 mcg** (tan) and **80 mcg** (red). Which dose do you have?



1 Wash your hands.



2 Hold the inhaler upright. The cap should be at the bottom. Do not cover the vent at the top.



3 Open the cap.



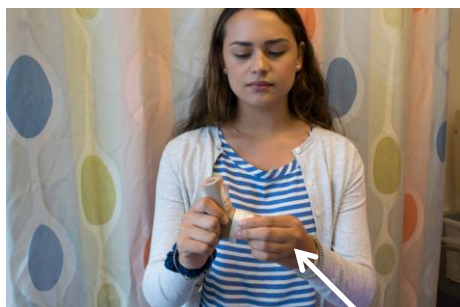
4 Turn your head away from the inhaler and **exhale** (breathe out) all the way.



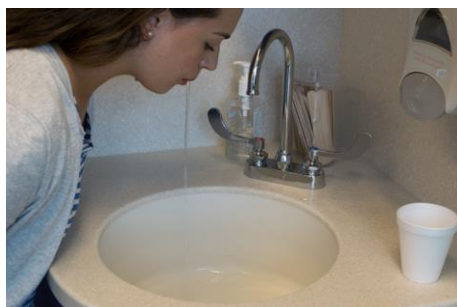
5 Put the inhaler in your mouth and close your lips around the mouthpiece. Take a deep breath in.



6 Take the inhaler out of your mouth and hold your breath for 10 seconds.



7 Close the cap all the way. Repeat steps 4–6 if more than 1 puff is prescribed.



8 Rinse out your mouth with water. Spit.



9 Check the back of the inhaler to see how many doses are left. The numbers will turn red when you have 20 doses left. That means it is time to refill your medication.

**Note:** Clean the mouthpiece with a dry cloth only. Do **not** get this inhaler wet with water.