How to Take Your Inhaler Medicines

Pressair Inhaler

1. Remove the cap.

2. Press the green button all the way down and then lift your finger.

3. A green bar tells you the dose is ready.

A red bar tells you the dose is not ready.

4. Breathe out.

5. Place your lips around the mouthpiece; breathe in quickly until you hear a click. Hold your breath for 10 seconds.

6. Put the cap back on the inhaler.

For more information, please see medication package insert

www.mainehealth.org/COPD