How To Use Your: InHub Inhaler

1. Open inhaler. Hold the inhaler in one hand and with the other hand, use your thumb to grip the mouthpiece cover. Pull it down until you feel a click.

2. Hold the inhaler straight up and down. Push the yellow lever down to the end of the purple arrows.

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

4. Put the mouthpiece to your lips. Breathe in fast and deep and hold your breath as long as you can. Breathe out slowly for as long as you can.

5. Push the mouthpiece cover up to the closed position. Make sure the cover is closed so you cannot see the mouthpiece. The dose counter will count down 1 dose as you close the mouthpiece.

If the medicine is a steroid, rinse and gargle with water then spit. Do not swallow the water.

When the dose counter turns red, your inhaler only has 9 doses left.

When your inhaler is empty, you will no longer be able to lower the yellow lever and the dose counter will read 0.