

# Dulera<sup>®</sup> MART

(Maintenance and Reliever Therapy)  
(Mometasone and Formoterol)  
Metered dose inhaler with spacer



☐ 50/5 mcg



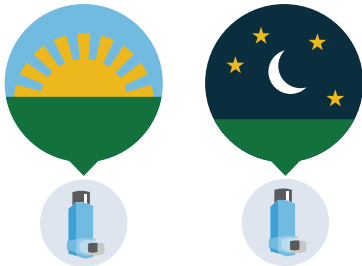
☐ 100/5 mcg

## Reason for taking this medicine:

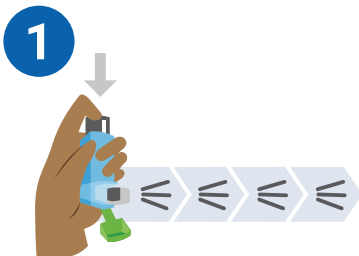
- This is a controller AND reliever medicine. It will help decrease swelling in the lungs (controller therapy) and treat coughing, wheezing, and shortness of breath (reliever therapy).
- **This is a medicine that must be used every day to prevent asthma flare-ups and help control asthma symptoms. Use this medicine when you are in the green zone on your asthma action plan.**
- You will also use this medicine as your reliever inhaler when you are in the yellow, orange and red zones on your asthma action plan.



## How and when to take this medicine:



- Use a spacer with this inhaler.
- Use 2 times each day: 2 puffs in the morning and 2 puffs in the evening.
- You will also use 1–2 puffs as needed for asthma symptoms.
  - 4–11 years old: maximum of 8 puffs per day
  - 12 years and older: maximum of 12 puffs per day



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."

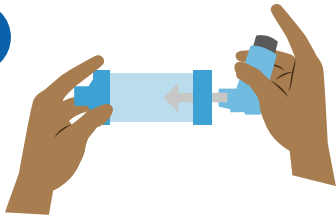


NATIONWIDE CHILDREN'S<sup>®</sup>

Copyright 2025 Mediglyphs<sup>™</sup>, Nationwide Children's Hospital

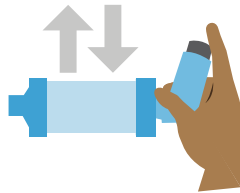
Use the information on this sheet only after your healthcare provider has talked with you about it and explained how to use this medicine. The information on this sheet does not replace your healthcare provider's instructions or advice.

2



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

3



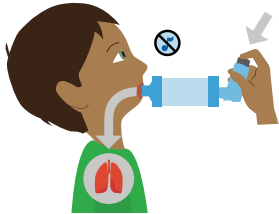
Shake well for 10 seconds.

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 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 need to use more than 8–12 puffs in a day for your symptoms.**
- 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.



NATIONWIDE CHILDREN'S®

Copyright 2025 Mediglyphs™, Nationwide Children's Hospital

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.

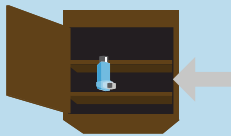
## Important things to remember:



- **Rinse your mouth with water, brush teeth, or get a drink after every use. This can help avoid getting thrush.**
- 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 the 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.
- Dulera® may not last a full month if you need doses as reliever therapy. **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.**



Copyright 2025 Mediglyphs™, Nationwide Children's Hospital

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.