

# Dulera® with Spacer

(Mometasone and Formoterol)  
Metered dose inhaler with spacer



☐ 50/5 mcg



☐ 100/5 mcg



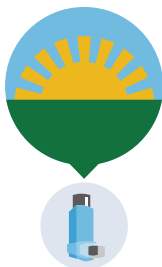
☐ 200/5 mcg

## Reason for taking this medicine:

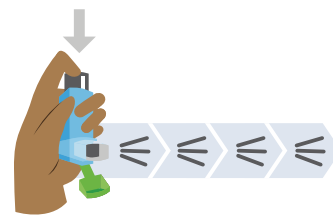
- To help reduce and prevent swelling in the lungs.
- This is a controller medicine to prevent asthma flare-ups and help control asthma symptoms. Use this medicine when you are in the green zone on your asthma action plan.
- **This is a medicine that must be used every day.**

## 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.



1



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."

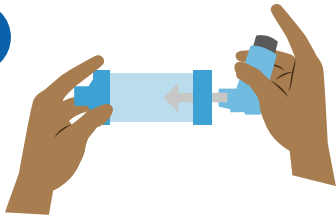


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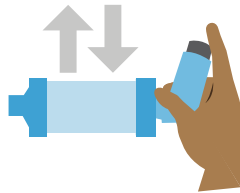
Use the information on this sheet only after your healthcare provider has talked with you about it and explained how to use this medicine. The information on this sheet does not replace your healthcare provider's instructions or advice.

2



Place the inhaler in the end of the spacer.

3



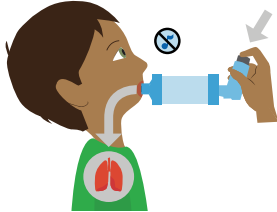
Shake well for 10 seconds.

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 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.

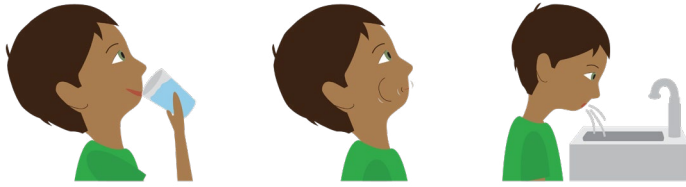


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## Important things to remember:



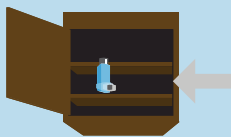
- **Rinse your mouth with water, brush teeth, or get a drink after every use. This can help avoid getting thrush.**
- If you are suddenly having trouble breathing, **use your rescue inhaler.**
- Dulera® may take a few weeks before it starts to work.
  - **Use this medicine until your doctor tells you to stop.**
- 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 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.
- **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.**



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