



- Using a calendar, count forward that many days to see when your medicine will run out. Choose a day to have your prescription refilled that is a few days before this date.
- Using a permanent marker, write this refill date on the canister, and on your calendar.

How to Clean Your Inhaler

The way you clean your inhaler is determined by the type of inhaler you use:

Metered-Dose Inhaler

The mouthpiece of your inhaler must be cleaned regularly to prevent medicine buildup and blockages. Most manufacturers suggest cleaning the mouthpiece once per week.

- Remove the medicine canister and cap from the mouthpiece. **Do not wash the canister or put it in water.**
- Run warm tap water through the top and bottom of the plastic mouthpiece for 30 to 60 seconds.
- Shake off extra water and let the mouthpiece dry completely (overnight is recommended).
- If you need the inhaler before the mouthpiece is dry, shake off extra water, replace the canister, and test spray two times (holding away from the face).

Dry Powder Inhaler

Dry powder inhalers should not be washed with soap and water. The mouthpiece can be cleaned with a clean, dry cloth. See the instructions that came with your inhaler for more information.

55 Water Street, New York, New York 10041-8190
www.emblemhealth.com



USING YOUR INHALER

A Guide to Getting the Most Out of Your Medicine

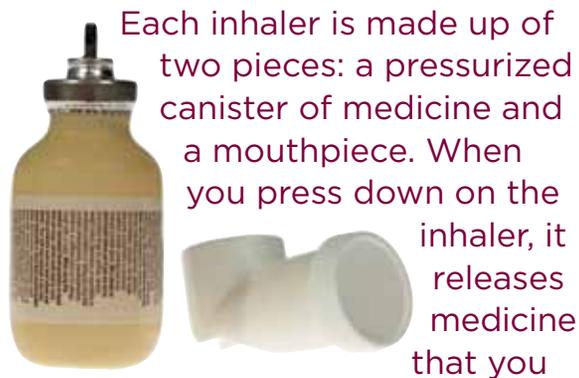
Group Health Incorporated (GHI), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

EMB_MB_BRO_14185_InhalerGuide 9/13



ABOUT YOUR INHALER

If you have a disease that affects the lungs such as asthma, emphysema, chronic bronchitis or chronic obstructive pulmonary disease (COPD), your doctor may prescribe a medicine for you that requires the use of an inhaler. An inhaler is a device that helps deliver a set amount of medicine to your lungs.



Each inhaler is made up of two pieces: a pressurized canister of medicine and a mouthpiece. When you press down on the inhaler, it releases medicine that you

then breathe into your lungs. It is important to use your inhaler correctly so your lungs get the right amount of medicine. This brochure includes general instructions and tips on how to use and care for your inhaler. It is important to also review the directions that come with your medicine.

How to Use Your Inhaler*



1. Remove the cap and hold the inhaler upright.
2. Shake the inhaler. If the inhaler is new or you have not used it in a while, you may need

to get it started by spraying once or twice away from your face.



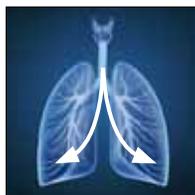
3. Tilt your head back slightly and breathe out.
4. Hold the inhaler about one

to two inches away from your mouth or place the mouthpiece fully into your mouth and close your lips around it. Spacers are useful for some people. See the section about spacers to learn more.



5. Press down on the inhaler to release the medicine as you start to slowly breathe in for three to five seconds.
6. Hold your breath for 10

seconds to allow medicine to reach deep in your lungs.



7. Repeat as directed. Wait one minute between puffs to allow the second puff to get into the lungs better.
8. Replace the cap of your inhaler.

9. After using your inhaler, rinse your mouth with water, gargle and spit out. This will help reduce side effects from your medicine.

*These instructions are for a metered-dose inhaler. For a dry powder inhaler, close your mouth tightly around the mouthpiece of the inhaler and breathe in quickly. Talk to your doctor or pharmacist if you have any questions about which type of inhaler you have and how to use your medicine.

Do you know about spacers?



A spacer is a tube that attaches to the inhaler and holds the medicine until you can breathe it. This makes using the inhaler easier and helps to get the medicine into the lungs.

To use a spacer, place the mouthpiece of the spacer between your teeth and seal your lips tightly around it. Press the canister of the inhaler and the medicine will be released and trapped in the spacer. Then, when you are ready, breathe in slowly and fully through your mouth. Talk to your doctor or pharmacist to find out if a spacer would help you get more from your medicine.

How to Keep Track of Your Medicine

To get the most from your medicine, make sure to take it exactly as your doctor ordered. Also, keep your inhaler in a place that will remind you to use it, such as on the nightstand.

It's very important to keep track of how much medicine you've used so you can plan ahead and get a refill before you run out of medicine. One way to do this is to write the refill date on the canister itself. Use this method to figure out when you'll need to get a refill:

- Start with a brand new inhaler. Divide the number of puffs in the canister (the canister will often have this number printed on it) by the number of puffs you take each day. The number you get will be the number of days the canister should last. (For example, if you take 4 puffs each day from a 200-puff canister, you will need to have a new canister every 50 days.)