

Do you have health questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

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Using Your Asthma Medicine



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MolinaHealthcare.com



Your Extended Family.

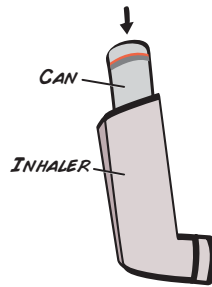


Your Extended Family.

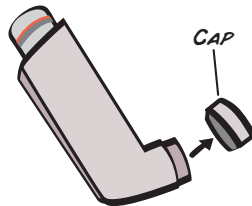
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Make sure to **follow all the steps listed below** when you take your medicine with an inhaler.

1. Put the can in the inhaler.



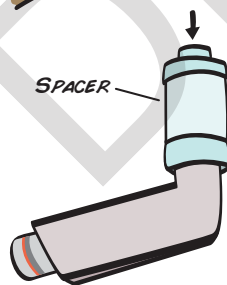
2. Take the inhaler cap off.



3. Shake the inhaler for about 5 seconds.



4. Put the inhaler into the spacer.



5. Breathe out. Put the spacer in your mouth & put your lips around the mouth piece.



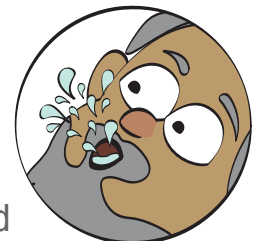
6. Push the top of the inhaler and breathe in slowly for 3-5 seconds.



7. Hold your breath as you count to 10 slowly. Breathe out.



8. After using your inhaler, rinse your mouth with water, gargle and spit out.



Sometimes you may need to take your medicine a different way. Your provider will let you know.

Important Tip: These instructions are for taking medicine with an inhaler. Talk to your provider if you have to take a different medicine.