



# LUNG SASK

# AEROSPHERE<sup>®</sup>

Inhaler Delivery Device

## PRIMING

The Aerosphere<sup>®</sup> inhaler is a pressurized metered dose inhaler (MDI) that needs to be primed before its first use.

1. Remove the cap.
2. Shake the inhaler well and spray 1 puff into the air away from you.
3. Repeat for a total of 4 puffs, shaking the inhaler before each puff.

## RE-PRIMING

Re-prime the inhaler after rinsing the actuator, if the inhaler is dropped, or if it has not been used in more than 7 days.

1. Remove the cap.
2. Spray 2 puffs into the air away from you. Shake the inhaler before each puff.

## HOW TO USE AN AEROSPHERE<sup>®</sup>

1. Remove the cap.
2. Shake the inhaler.
3. Breathe out, away from the mouthpiece.
4. Seal lips around the mouthpiece. Tilt your chin up slightly and aim the mouthpiece towards the back of your throat.
5. Begin breathing in slowly and deeply while spraying 1 puff. Continue to breathe in until your lungs are full.
6. Remove the mouthpiece and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Repeat steps 2-7 if extra doses are needed.
9. Put the cap back on.
10. Rinse your mouth with water and spit the water out.



1. Remove the cap



2. Shake the inhaler



3. Breathe out



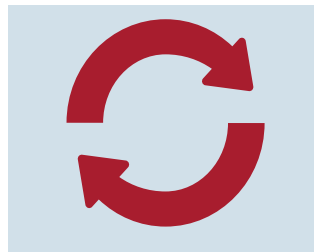
4. Seal lips around the mouthpiece and tilt chin up



5. Breathe in slowly and deeply while spraying 1 puff



6. Hold your breath (5-10 secs)  
7. Breathe out



8. Repeat steps 2-7 if extra doses are needed



9. Put the cap back on  
10. Rinse your mouth

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## CARE OF AN AEROSPHERE<sup>®</sup>

1. Clean the inhaler by removing the canister and rinsing the actuator with water to prevent the build-up of medicine in the mouthpiece. Gently dry the actuator and place the canister back into the actuator.
2. Do not get the canister wet.
3. Re-prime after rinsing.
4. Check the indicator to see how many doses remain in the Aerosphere<sup>®</sup>. Order a new inhaler when the pointer on the puff indicator is in the yellow zone.
5. Throw the inhaler away when the puff indicator reaches 0 or after 3 months (for the 30-day inhaler) or 6 weeks (for the 14-day inhaler) once the inhaler has been removed from the foil pouch.
6. Always check the inhaler's expiration date.

### Important information:

Aerosphere<sup>®</sup> is the name of the inhaler delivery device.  
Medications in this device have a brand name and generic names.

### Inhalers available in the Aerosphere<sup>®</sup>:

*Breztri<sup>®</sup>*

Generic names: budesonide/glycopyrronium/formoterol  
fumarate Dose per puff: 160/7.2/5.0 mcg

Duration: 12 hours



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)



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