



Using your Foradil[®] Aerolizer[®] (formoterol): Steps 1 to 12

1. Remove the cover and hold the base of the inhaler.
2. Twist mouthpiece **counter-clockwise to open** the inhaler.
3. **Remove 1 capsule** from foil blister immediately before use and place the capsule in the chamber at the base of the inhaler. **Only open 1 capsule at a time.**
4. Hold the base of the inhaler and twist the mouthpiece **clockwise to close.**
5. Press both buttons in together once to pierce the capsule and release the drug into the inhaler.
6. **Breathe OUT normally** away from the mouthpiece. Don't take a breath until step #8.
7. Hold the device horizontally with buttons on the left and right, place mouthpiece into the mouth, and close lips around the mouthpiece.
8. **Breathe IN quickly** to fill you lungs full of medicine.
9. **Hold your breath for 5 seconds** and then take the device out of your mouth. We want to keep your lungs filled with medicine for 5 seconds.
10. **Breathe IN and OUT normally.**
11. Open the inhaler and remove capsule, if powder remains, repeat the inhalation process (steps #8 to 11).
12. After use, remove and discard capsule, cover the mouthpiece, and store the device in a cool, dry place.