

How to Use a Redihaler Aerosol Inhaler

Note: Do not use a spacer with this device.



1. Hold the Redihaler upright and do not cover the vent at the top.



2. Open the cap to prepare your dose.



3. Breathe out away from the device.



4. Put the mouthpiece in your mouth and close your lips tightly.



5. Breathe in deeply through your mouth.



6. Hold your breath for 10 seconds, then breathe out slowly.



7. Close the cap after each dose.



8. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA.**