

# IMPORTANT TIPS FOR TRANSITIONING TO AN HFA INHALER



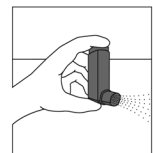
As of December 31, 2008, albuterol inhalers that used a CFC propellant could no longer be manufactured in the United States. Replacement inhalers using an HFA propellant, however, are available and are equally as safe and effective as the older CFC inhalers. You get the same medicine and the same effectiveness with HFA inhalers that you got with the old CFC inhalers, since only the propellant, which sprays out the medicine, has been changed. But this leads to some important differences for you to know. *What's different?*

- ✿ **The spray from an HFA inhaler (also called the plume) is different from the spray of a CFC inhaler:**
  - The spray may feel **SOFTER**
  - The spray may **TASTE** different
  - The spray may feel **WARMER**
- ✿ **HFA inhalers may clog easier than CFC inhalers, so it's especially important that you regularly clean your inhaler**
- ✿ **HFA inhalers should be "primed" at appropriate times**

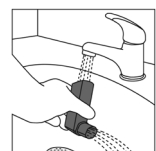
## USING YOUR HFA INHALER—EASY AS 123

Each type of HFA inhaler has its own instructions that you should follow. Take the time to get to know your HFA inhaler and master your technique for using it. These general tips can help you get the most out of your HFA inhaler:

**1 PRIME IT:** Prime your inhaler before using it for the first time. You also need to prime it if you haven't used it for 2 weeks or if you've dropped it. To prime your inhaler, simply point it away from your face and spray it into the air 3 or 4 times—follow the instructions for your particular inhaler.



**2 KEEP IT CLEAN:** Be sure to rinse the mouthpiece under warm running water at least once a week. Let it air-dry overnight, and keep the cap on your inhaler when you are not using it. *Never submerge your inhaler canister in water or allow it to get wet; this will ruin your inhaler.* Be sure to read and follow the cleaning instructions that come with your inhaler.



**3 USE PROPER TECHNIQUE:** Proper inhaler technique is easy to learn, but not something to figure out on your own! Even if you've used an inhaler device for a long time, ask your healthcare practitioner to show you proper technique. Using your inhaler the correct way will ensure you are getting the right amount of medication to your lungs.



***There are a number of HFA rescue inhalers to choose from, and they are all similarly effective. Talk with your healthcare provider about which one is right for you.***

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