

Dulera HFA

Dulera HFA® (mometasone and formoterol)

50/5 mcg (not shown)

100/5mcg (yellow on around the top of cannister)

200/5mcg (purple wording and top of cannister)



Medicine	Need a spacer?	My dose
Controller and quick reliever	Yes	Check Asthma Action Plan

Spacer with Mask

Use a spacer with the inhaler. More medicine will go into the lungs.

1. Sit with your child in your lap.

2. Shake the inhaler.

3. Remove cap from the inhaler. Place inhaler into spacer.

4. Seal the mask over the nose and mouth.

5. Push down on the inhaler. Release 1 puff into the spacer.

6. Hold mask on face for 5-10 breaths. Remove mask from face. Wait about 30 seconds. Repeat steps 1-6 for each puff.

Spacer with Mouthpiece

Use a spacer with the inhaler. More medicine will go into the lungs.

1. Shake the inhaler. Remove the caps from the inhaler and spacer.

2. Place the inhaler into the back of the spacer.

3. Take a deep breath and let it all the way out.

4. Seal lips around the mouthpiece. Push down on the inhaler releasing 1 puff into the spacer.

5. Breathe in slowly through the mouth. Hold breath for 10 seconds. The whistle sound means the breath is too fast. Slow down.

6. Let out your breath. Wait about 30 seconds. Repeat steps 1-6 for more puffs.



How to use a spacer video

Scan the QR code with the camera on your phone

1/10/21