

Flexhaler® Fact Sheet

Pulmicort® is an oral corticosteroid medication intended for the maintenance and treatment of asthma in adults and children 6 years of age and older. Budesonide is not a bronchodilator and is not intended for the treatment of acute asthma exacerbation. The flexhaler® contains an anti-inflammatory medicine (budesonide) which reduces airway swelling, inflammation, and irritation.

Generic Name: Budesonide

Brand Name: Pulmicort®

Dosage Administration and Strength

- 90 Pulmicort® Flexhaler®: delivers 90 mcg budesonide inhalation powder
- 180 Pulmicort® Flexhaler®: delivers 180 mcg budesonide inhalation powder

Indications

- Adults and children 6 years of age or older with asthma

Contraindications

- Flexhaler® should not be used for sudden symptoms of shortness of breath or acute episodes of asthma

Side Effects

- Inflammation of the nose and throat
- Nasal congestion and nasal allergies
- Viral upper respiratory tract infection
- Thrush in the mouth and throat
- Rare instance of increased intraocular pressure, cataracts and glaucoma

Cleaning Instructions

- Do not immerse in water, keep the inhaler dry at all times
- To clean, wipe inhaler with a dry towel or tissue
- Store inhaler in a dry place and away from moisture at all times

References

1. American Lung Association." *Asthma Medicines Chart*". Revised Jan. 2009 Retrieved from www.lung.org.
2. Pulmicort® Flexhaler® [prescribing Information]. Wilmington, DE. AstraZeneca; 2014.



Patient Name: _____
 Patient ID: _____
 Evaluator Initials: _____
 Date: ___/___/___

PULMICORT® FLEXHALER® INHALATION TECHNIQUE CHECKLIST

Trained assessor to read to participant: Please show me exactly how you use your Pulmicort® Flexhaler® at home.

	Pre		Post 1		Post 2		Post 3	
	Wrong	Correct	Wrong	Correct	Wrong	Correct	Wrong	Correct
1. Twists and removes cover	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
2. Holds the inhaler upright with mouthpiece facing up	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
3. Twists the grip to the right then left until it clicks	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
4. Breathes out fully	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
5. When breathing out fully, does so away from inhaler	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
6. Puts inhaler into mouth, closes lips around mouthpiece	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
7. Breathes in deeply and forcefully	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
8. Holds breath for ten seconds (with or without inhaler in mouth)	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
9. Removes inhaler before breathing normally	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
10. Places cover back on inhaler	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
11. Twists to close	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
12. Rinses mouth	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁
Participant's Score:	/12		/12		/12		/12	
	[] N/A		[] N/A		[] N/A		[] N/A	

Score the participant's performance by assigning 1 point to each correct step and adding across the 12 steps. If score is less than 12, demonstrate to the participant appropriate technique and repeat inhaler assessment.

Comments: _____
