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.