

# CONTROLLER MEDICINE



**TAKE EVERY DAY**

## Medicine QVAR HFA

- Strengths: 2
- Doses: 100
- Number of priming sprays: 2
- Repeat prime with 2 sprays if more than 10 days since last use
- Use with a holding chamber or spacer
- Shake inhaler for five seconds
- For chamber with mouthpiece:
  - Exhale, place mouthpiece in mouth, spray inhaler into chamber and then inhale for five seconds
  - Hold breath for 10 seconds
- For chamber with mask:
  - Spray inhaler into chamber
  - Take 6 breaths with mask over mouth and nose
- Rinse mouth with water after each dose
- Spit the water out
- Clean plastic case weekly with clean, dry tissue or cloth