

# PROAIR HFA

## What is ProAir?

- Proair is a **rescue inhaler**
- It is used **as needed** to help relieve flare-ups (shortness of breath, wheezing, difficulty breathing)

## How does it work?

- Opens up the lungs, allowing you to breathe easier

## Storage:

- Proair must be thrown out **after the expiration date** or once the **dose counter reaches zero** (at this point, no medicine is left)

## How to clean your inhaler:

- Clean your inhaler once weekly after your evening dose to ensure medicine does not build up
- Remove metal canister and mouthpiece and set aside
- Rinse lukewarm water through plastic inhaler and let air dry overnight
- Once fully dry, place the canister into the plastic inhaler and replace the mouthpiece

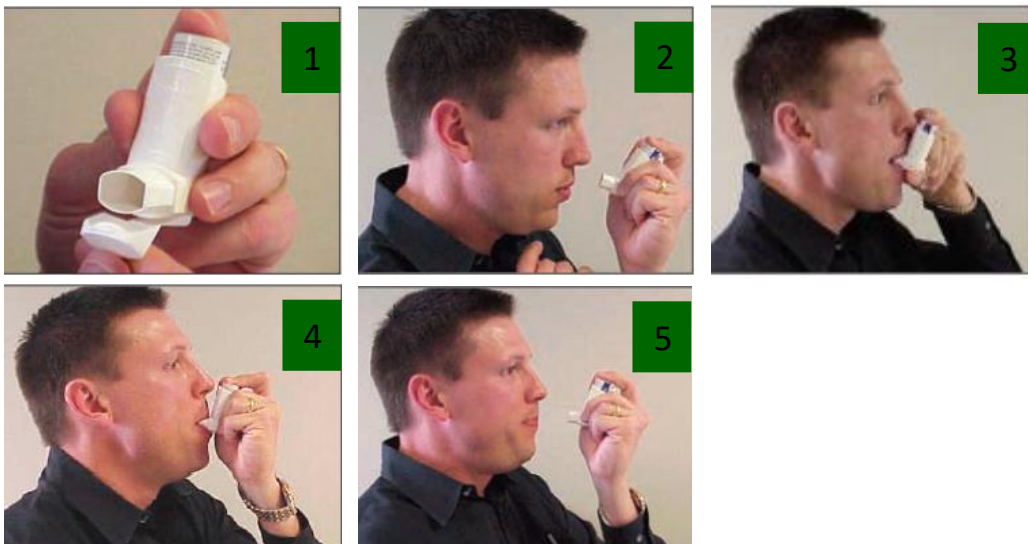
## How to prime your inhaler:

- Priming is important to ensure your inhaler is working properly prior to administering the first dose, or if you have not used your inhaler within 2 weeks.
- Follow the steps below to set up a dose of medication. Instead of inhaling the medicine, point your inhaler towards the ground (away from your face). Press on the dose-release button until you see a spray.
- Repeat two more times for a total of **3 sprays** towards the ground. Your inhaler is ready to use.

## How to use your ProAir HFA:

### **3 MAIN STEPS:**

- A. Breathe out away from the inhaler
- B. Take a slow deep breath in
- C. Hold your breath for 10 seconds or what is comfortable



**STEP1:** shake inhaler for roughly 5 seconds to suspend the medication inside and remove mouthpiece cap. If this is your first time using the inhaler or if it has been a while since you've used it, you will need to prime the inhaler (please see instructions above).

**STEP 2:** hold the inhaler between your pointer finger and thumb as shown in the picture. Take a deep breath in and **breathe out fully away from your inhaler.**

**STEP 3:** place your inhaler up to your mouth and form a tight seal around the mouthpiece with your lips.

**STEP 4:** take a **slow, deep breath in.** At the same time, press down on the inhaler canister to actuate one puff.

**STEP 5:** remove the inhaler from your mouth and **hold your breath for roughly 10 seconds** or sooner, however long is comfortable, then relax. If a second puff is needed, wait one minute between.

**NOTE:** there is a **dose counter** that will alarm you when you are running out of medicine. When the counter reaches the **red zone** or when you have **1 week** left of medicine, call your pharmacy for a refill.

#### What if I can't afford my ProAir HFA?

##### 1. Copay card

- Phone number: 1-877-237-4881.
- Note: cannot use if Medicare, Medicaid, or federal employee

##### 2. Medicare extra help:

- Website: <https://www.ssa.gov/medicare/prescriptionhelp/>
- Phone number: 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048)

##### 3. Federal patient assistance via drug company

- Website: [https://www.pparx.org/prescription\\_assistance\\_programs/teva\\_cares\\_foundation\\_patient\\_assistance\\_programs](https://www.pparx.org/prescription_assistance_programs/teva_cares_foundation_patient_assistance_programs)
- Phone number: 1-877-237-4881
- NOTE: to qualify, will need to meet income requirements, out of pocket expenses, etc.

##### 4. State patient assistance:

- Website: <https://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx>
- Phone number: (401) 462-3000 or (401) 462-0740

##### 5. Discount drug programs: GoodRx, LowestMeds, NeedyRx, America's Drug Card, etc.

- Please talk w/ your office pharmacist for more information

#### When should I call my doctor?

1. I am having difficulty or pain while breathing most days of the week
2. I am having difficulty sleeping through the night due to difficulty breathing
3. My worsening in breathing is making it hard for me to work or maintain my daily activities
4. I am using my rescue inhaler more often OR refilling it more often
5. I've needed to use a greater amount of oxygen than normal
6. I have an increase in sputum production if I have COPD
  - Especially in conjunction with a temperature  $\geq 100.3$  degrees F