

Aerolizer® Fact Sheet

Foradil® (formoterol fumarate) is a long-acting-beta₂ adrenergic agonist (LABA) intended for the treatment of asthma and chronic obstructive pulmonary disease in patients 5 years of age and older. Foradil® is also used to prevent wheezing in patients with exercise-induced asthma.

Generic Name: Formoterol fumarate

Brand Name: Foradil®

Dosage Administration and Strength

- One Foradil® Aerolizer® capsule: taken twice daily (every 12 hours)
- One Foradil® Aerolizer® capsule: delivers 12 mcg of formoterol fumarate powder

Indications

- Treatment for asthma patients 5 years old and older
- Treatment of exercise-induced asthma
- Treatment for the maintenance of bronchospasm in COPD

Contraindications

Aerolizer® is not a bronchodilator and should not be used for sudden symptoms of shortness of breath or acute episodes of asthma or COPD

Side Effects

- Viral infection, bronchitis, chest pain, and chest infection
- Tremor, dizziness, insomnia, tonsillitis, and rash
- Dysphonia, serious asthma exacerbation, and upper respiratory tract infection
- Back pain, muscle cramps, anxiety, increased sputum, dry mouth, sinusitis, pharyngitis, and fever

Cleaning instructions

- To clean, wipe with a dry towel or cloth
- Never wash the inhaler
- Store inhaler and capsules in a dry place

References

1. Food and Drug Administration. "Foradil (formoterol fumarate inhalation powder)" [PDF document]. Retrieved from www.fda.gov.



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

FORADIL® AEROLIZER® INHALATION TECHNIQUE CHECKLIST

***Trained assessor to read to participant: Please show me exactly* how you use your Foradil® Aerolizer® at home
 *If using actual medicine (not placebo) the patient should mimic use (i.e. do not take repeated doses)***

	Pre		Post 1		Post 2		Post 3	
	Wrong	Correct	Wrong	Correct	Wrong	Correct	Wrong	Correct
1. 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. Twists mouthpiece counter-clockwise to open	<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. Removes 1 capsule from foil blister and places into the chamber	<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. Holds base of inhaler and twists mouthpiece clockwise 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
5. Presses both side buttons in together once to pierce the capsule	<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. 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
7. When breathing out fully (step #6), 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
8. Holds the inhaler horizontally with buttons on left and right	<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. 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
10. Breathes in QUICKLY	<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. Holds breath for at least 10 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
12. 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
13. Opens the inhaler and removes/discards the capsule	<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
14. Puts cover back on the 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
Participant's Score:	___/14		___/14		___/14		___/14	
	[] 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 14 steps. If score is less than 14, demonstrate to the participant appropriate technique and repeat inhaler assessment.

Comments: _____
