

# How to use your NEXThaler®

You have been prescribed a NEXThaler® to help manage your lung condition.

1. To open the NEXThaler®, hold the inhaler firmly in the upright position and open the red cover fully. The dose is now ready.



2. Breathe out as far as is comfortable, away from the NEXThaler® device.
3. Put the mouthpiece to your mouth and close your lips around the mouthpiece. Do not cover the air vents.
4. Breathe in through your mouth as strongly and deeply as you can until your lungs are full. You may notice a taste and hear a click when you take your dose.
5. Remove the NEXThaler® device and hold your breath for 5 to 10 seconds and then breathe out slowly.
6. Breathe normally.
7. Close the mouthpiece cover fully.
8. For a second dose, wait 30 seconds and repeat steps 1–7.

## Always:

- Check the dose counter on the front of the NEXThaler®. This tells you how many doses are left.
- Make sure that you order a spare NEXThaler® before your present inhaler runs out.
- Make sure that the NEXThaler® is in date. The expiry date is on the NEXThaler® label.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, practice nurse or the hospital.
- Keep your NEXThaler® dry and clean.

## Cleaning:

- If necessary, wipe the mouthpiece of the NEXThaler® with a clean, dry single-use tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.