

## How to use your HandiHaler®

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

1. To open the HandiHaler® dustcap, press the green button on the side once. Open the dust cap completely by pulling it upwards. Then open the capsule chamber by pulling the mouthpiece upwards.
2. Separate the blister strips by pulling along the perforation. Remove **one** capsule from the blister pack and place it in the capsule chamber.
3. Close the mouthpiece firmly until you hear a click.
4. Hold the HandiHaler® upright and press the green button on the side of the inhaler **once** only. Release the green button.
5. Breathe out as much as is comfortable, away from the HandiHaler®.
6. Put the mouthpiece to your lips. Seal your lips around the mouthpiece.
7. Breathe in as strongly and deeply as you can until your lungs are full. You will hear the capsule rattle.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. Repeat steps 5 - 9 to make sure you get the full dose.
11. Open the mouthpiece. Tip out the used capsule and dispose of it.
12. Close the mouthpiece and the mouthpiece cover.



### Always:

- Make sure that you order the refill capsules before your present capsules run out.
- Make sure that the capsules are in date.
- Peel back the foil for one capsule only at a time. If a second capsule is accidentally exposed to air, throw the capsule away.
- Replace the HandiHaler® device every 12 months.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

### Cleaning:

- Wipe the mouthpiece regularly with a clean dry tissue.
- To clean once a month: Open dustcap and mouthpiece. Open the base by lifting the green button. Rinse the device with warm water to remove any powder.
- Shake off excess water and leave the inhaler to air-dry for 24 hours.

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.