

## How to use your Easi-Breathe®

You have been prescribed an Easi-Breathe® to help manage your lung condition.

1. Shake the inhaler up and down 3 to 5 times.
2. Hold the Easi-Breathe® upright and open the cap covering the mouthpiece. The dose is now ready.
3. Breathe out as much as is comfortable.



4. Put the mouthpiece to your lips. Seal your lips around the mouthpiece. Do not cover the air holes at the top of the device with your fingers.
5. Breathe in slowly and deeply until your lungs are full. You will hear a click and feel the dose when it is released. Do not stop breathing when the inhaler puffs the dose into your mouth. Carry on until you have taken a deep breath.
6. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
7. Breathe normally.
8. To close, replace the cap.
9. For a second dose, wait 30 seconds and repeat steps 1 - 8.

### Always:

- Make sure that you order a spare Easi-Breathe® before your present inhaler runs out.
- Make sure that the Easi-Breathe® is in date. The expiry date is on the inhaler box and inner canister.
- 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.

### Cleaning:

- Wipe the mouthpiece regularly with a clean dry tissue. Do not wash in 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.