

# How to use your Spiromax<sup>®</sup>

You have been prescribed a Spiromax<sup>®</sup> to help manage your lung condition.

1. Hold the inhaler upright with the red mouthpiece cover at the bottom.
2. To open the Spiromax<sup>®</sup>, fold the red mouthpiece cover down until one loud click is heard. The dose is now ready.



3. Breathe out as far as is comfortable, away from the Spiromax<sup>®</sup> device.
4. Put the mouthpiece between your teeth and close your lips around the mouthpiece. Do not cover the air vents.
5. Breathe in as strongly and deeply as you can until your lungs are full. You may notice a taste when you take your dose.
6. Remove the Spiromax<sup>®</sup> and hold your breath for 5 to 10 seconds and then breathe out slowly.
7. Breathe normally.
8. To close, fold the red mouthpiece cover up.
9. For a second dose, wait 30 seconds and repeat steps 1– 8.

## Always:

- Check the dose counter on the back of the Spiromax<sup>®</sup>. This tells you how many doses are left. The dose counter counts down in even numbers only, i.e. 60, 58, 56...The last twenty doses will appear in red.
- Make sure that you order a spare Spiromax<sup>®</sup> before your present inhaler runs out.
- Make sure that the Spiromax<sup>®</sup> is in date. The expiry date is on the back of the Spiromax<sup>®</sup>.
- 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 Spiromax<sup>®</sup> dry and clean.

## Cleaning:

- If necessary, you may wipe the mouthpiece of your Spiromax<sup>®</sup> with a dry cloth or 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.