

Inhaler Technique

1. Separate the blister strips by tearing along the perforation
2. Peel back the foil until one capsule is fully visible
3. Remove the capsule from the foil pack
4. Open the dust cap on the inhaler by pulling it upwards
5. Then open the mouthpiece by pulling it upwards
6. Place capsule in the centre chamber of the device
7. Close the mouthpiece firmly until a click is heard, leaving the dust cap open
8. Depress the green button fully once and release
9. Breathe out fully
10. Place mouthpiece between your lips, breathing in slowly and deeply
11. Remove the inhaler from your mouth whilst holding your breath for as long as it is comfortable
12. Resume normal breathing
13. Repeat steps 9-12 again to ensure the capsule is empty

14. Remember to remove the used capsule and dispose of it, and replace the dust cap after use

Further advice:

The Handihaler should be wiped over daily and thoroughly cleaned once a month. This can be achieved by:

1. Opening the dust cap and mouthpiece
2. Open the base by pushing the green button upwards
3. Rinse the inhaler in warm soapy water to remove any dry powder
4. Shake off excess water and leave to air dry. (This may take up to 24 hours to air dry)

You can request this information in a different format or another language.

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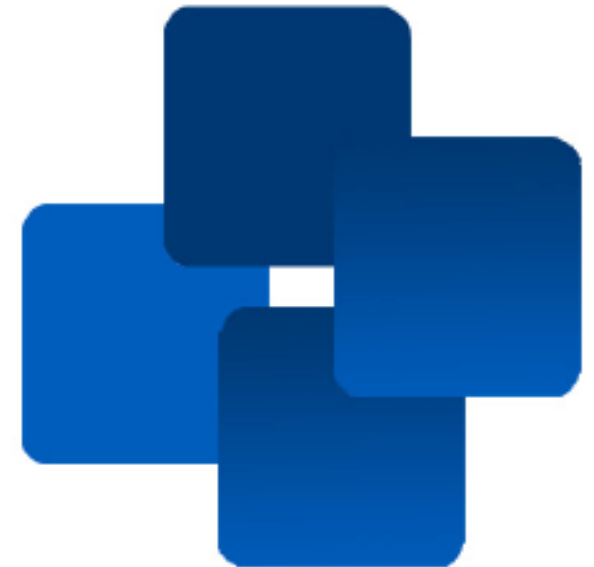
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Handihaler information leaflet



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