

Inhaler Technique

The Autohaler is a breath actuated device, which will automatically fire when you begin to breathe in.

1. Stand or sit upright
2. Shake the inhaler vigorously, holding it upright
3. Prime the inhaler by pressing the red lever to the upright position
4. Before you use the inhaler breathe all the way out
5. Place mouthpiece in mouth , sealing lips firmly around it
6. Please ensure you are not blocking the air entry holes on the base of the inhaler
7. As you breathe in slowly and deeply the inhaler will automatically fire, continue until you have taken a deep breath
8. Hold breath for 10 seconds or as long as comfortably possible

After using the inhaler always replace the dust cap immediately

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

Further advice:

- If you need to take more than one puff , rest for a minute and repeat from step 1.
- Gargle: Always remember to gargle with water after using your inhalers and spit out the residue
- Cleaning: Wipe over the mouthpiece inside and out with a clean, dry, lint-free cloth.
- How long will my inhalers last: All inhalers which contain pressurised gas, will only last as long as the number of doses stated on the box.

E.g Salbutamol inhaler has 200 doses. If it is being used 2 puffs 4 times daily it will only last 25 days

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Autohaler information leaflet



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