

How to Use Handihaler

Patient Education Guide



Learn with - An Interactive training - Engaging animations - Your web cam

Good Inhaler Technique - Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

www.use-inhalers.com

- For cleaning refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



Step1: Open the dust cap by pulling upward.



Step2: Open the mouthpiece.



Step3: Keep one end of the capsule in the center chamber.



Step4: Close the mouthpiece firmly. You'll hear a click. Leave the dust cap open.



Step5: Press piercing button once. You'll hear a click. Doing so makes holes in the capsule and easily releases the medicine, when you inhale.



Step6: Exhale away from the inhaler.



Step7: Hold the Handihaler horizontally. Keep the mouthpiece in your mouth and take a quick and deep breath. You'll hear the capsule rattle.



Step8: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



Step9: Breathe in through the mouthpiece once again. This ensures that you get your complete dose of medicine.



Step10: Open the mouthpiece, remove the used capsule and dispose it. Do not keep capsules in the Handihaler.



Step11: For storing the Handihaler. Close the mouthpiece and dust cap.



Step12: If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.

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