

### pMDI

**Do:**

- ✓ Take the cap off
- ✓ Shake the inhaler
- ✓ Seal lips around mouthpiece while opening the teeth
- ✓ Start to breathe in slowly through the mouth
- ✓ Then activate inhaler while continuing to breathe in
- ✓ Breathe in slowly, over at least 5 seconds until lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Replace the cap
- ✓ Check the dose counter on your inhaler regularly (if it has one) so you know when to get a new one in good time
- ✓ Always keep a spare inhaler



**Don't:**

- ✗ Breathe in too quickly
- ✗ Activate the inhaler before you start breathing in
- ✗ Stop breathing in when you activate the inhaler
- ✗ Stop breathing when you feel the medicine in your mouth

### Autohaler

**Do:**

- ✓ Take the cap off
- ✓ Shake the inhaler
- ✓ Load the device by lifting the lever
- ✓ Always use in the vertical position
- ✓ Seal your lips around mouth piece while opening the teeth
- ✓ Start to breathe in slowly through the mouth
- ✓ Continue to breathe in slowly and continue when you hear a click
- ✓ Breathe in slowly, over at least 5 seconds until lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ If you do not hear a click (which means that the inhaler has been activated), start again
- ✓ Replace the cap
- ✓ Always keep a spare inhaler



**Don't:**

- ✗ Breathe in too rapidly
- ✗ Stop breathing in when you hear the activation click
- ✗ Stop breathing in when you feel the medicine in your mouth
- ✗ Hold the inhaler horizontally when you use it
- ✗ Be concerned if you don't feel or taste the medicine in your mouth

### Turbohaler

**Do:**

- ✓ Unscrew the cap
- ✓ Load the inhaler in the upright position by turning the base forwards and backwards
- ✓ Breathe out deeply
- ✓ Seal lips around mouth piece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold breath as long as you comfortably can, then relax
- ✓ Screw the cap back on after use
- ✓ Check the dose counter on the inhaler (if it has one) regularly so that you know when you need a new one
- ✓ Always keep a spare inhaler



**Don't:**

- ✗ Hold the inhaler horizontally when you load it
- ✗ Blow into the inhaler
- ✗ Do not shake or invert the inhaler after loading it
- ✗ Do not chew or bite on the mouthpiece
- ✗ Don't leave the cap off after use
- ✗ Don't be concerned if you don't feel or taste the medicine

in your mouth

### Accuhaler=Diskus

**Do:**

- ✓ Open the device
- ✓ Push the lever right across until it clicks
- ✓ Breathe out deeply
- ✓ Seal lips around mouthpiece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Close the inhaler after use
- ✓ Check the dose counter on the inhaler (if it has one) regularly so that you know when you need a new one
- ✓ Always keep a spare inhaler



**Don't:**

- ✗ Blow into the inhaler
- ✗ Stop breathing in when you feel the medicine in your mouth
- ✗ To avoid losing or wasting doses once the inhaler is ready: Close the inhaler after pushing the lever across.
- ✗ Tilt or invert the inhaler once you have pushed the lever.
- ✗ Play with the lever.
- ✗ Push the lever back and forward more than once.

### Clickhaler

**Do:**

- ✓ Take the cap off
- ✓ Hold it in the vertical position
- ✓ Hold the inhaler upright with thumb on the base and finger on the push button
- ✓ Click once
- ✓ Breathe out deeply
- ✓ Seal your lips around mouthpiece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Replace the cap
- ✓ Check the dose counter on the inhaler (if it has one) regularly so that you know when you need a new one
- ✓ Always keep a spare inhaler



**Don't:**

- Hold the inhaler at an angle or upside down during and after loading
- Shake the inhaler
- Blow into the inhaler

### HandiHaler

**Do:**

- ✓ Open the inhaler
- ✓ Load it with a capsule
- ✓ Pierce the capsule using the green button while holding the inhaler in an upright position
- ✓ Inhale the contents of the capsule using the HandiHaler device straight away
- ✓ Breathe out deeply
- ✓ Seal your lips around mouth piece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Check that the capsule is empty, if not inhale again
- ✓ Replace the cap
- ✓ Always keep spare capsules



**Don't:**

- ✗ Swallow the capsules
- ✗ Blow into the inhaler
- ✗ Shake or invert the inhaler once you have pierced the capsule
- ✗ Leave the inhaler lying about before you use it once you have pierced the capsule: the powder may become damp and difficult to inhale
- ✗ Keep the green button pressed once capsule is pierced
- ✗ Store the capsules inside the inhaler

## Easi Breathe

### Do:

- ✓ Shake the inhaler
- ✓ Load the inhaler by opening the cap
- ✓ Hold the inhaler in the vertical position
- ✓ Seal your lips around mouth piece while opening the teeth
- ✓ Breathe in slowly and deeply through your mouth over at least 5 seconds until your lungs are full (you will hear a click as you breathe in showing that the inhaler has been activated)
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ If you do not hear the click, start again
- ✓ Replace the cap
- ✓ Always keep a spare inhaler



### Don't:

- x Breathe in too quickly
- x Stop breathing in when you hear the activation click
- x Stop breathing in when you feel the medicine in your mouth
- x Hold the inhaler horizontally when you are using it
- x Be concerned if you don't feel or taste the medicine in your mouth

## Aerolizer

### Do:

- ✓ Take the cap off
- ✓ Load the inhaler with a capsule
- ✓ Twist the stem back into place
- ✓ Hold the inhaler upright
- ✓ Pierce the capsule by pressing then releasing the green button
- ✓ Breathe out deeply
- ✓ Seal your lips around the mouthpiece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Check that the capsule is empty, if not inhale again
- ✓ Discard the used capsule
- ✓ Close the inhaler after use
- ✓ Always keep spare capsules

### Don't:

- x Swallow the capsules
- x Remove a capsule from the foil pouch until you are ready to use it
- x Let the inhaler or the capsule get wet
- x Shake or tilt the inhaler after you have loaded it
- x Blow into the inhaler
- x Press the green button more than once.
- x This may cause the capsule to break into small pieces
- x Store the inhaler or the capsules in wet or damp
- x Leave used capsules in the inhaler



## Twisthaler

### Do:

- ✓ Remove the cap
- ✓ Hold the inhaler upright in the vertical position while loading it
- ✓ important: indented arrow (located on the white portion of the TWISTHALER, directly above the coloured base) is pointing to the dose counter
- ✓ Breathe out deeply
- ✓ Seal your lips around mouth piece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Replace cap
- ✓ Be sure that the indented arrow is in line with the dose counter



### Don't:

- x Shake or invert the inhaler once loaded
- x Blow into the inhaler
- x Store it in humid conditions
- x Use the inhaler more than 45 days after opening the pouch

## Easyhaler

### Do:

- ✓ Take the cap off
- ✓ Load the inhaler in the vertical position while holding it upright
- ✓ Breathe out deeply
- ✓ Seal your lips around mouth piece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath for as long as you comfortably can, then relax
- ✓ Replace the cap
- ✓ Check the dose counter on the inhaler regularly so that you know when you need a new one
- ✓ Always keep a spare inhaler



### Don't:

- x Shake or invert the inhaler once you have loaded it
- x Blow into the inhaler
- x Store it in humid conditions

## Novolizer

### Do:

- ✓ Take the cap off
- ✓ Press the button and down and release it after you hear a click
- ✓ Check that the coloured window has changed from red to green, otherwise press the button again until it has
- ✓ Breathe out deeply
- ✓ Seal your lips around the mouthpiece while opening the teeth
- ✓ Breathe in as briskly, quickly and deeply as you can until your lungs are full
- ✓ Hold your breath as long as you comfortably can, then relax
- ✓ Make sure the coloured window has now changed back to red, indicating complete delivery of the dose, otherwise inhale again from step 4
- ✓ Replace the cap
- ✓ Check the dose counter on the inhaler regularly so that you know when you need a new one



### Don't:

- x Blow into the inhaler
- x Stop breathing in when you hear the click