

## GENERAL RECOMMENDATIONS for correct usage of pMDIs and DPIs

### pMDIs

- ① First, you should consider using your pMDI with a spacer especially for steroids
- ② Take the cap off
- ③ Shake the pMDI
- ④ Hold the pMDI upright
- ⑤ Breathe out slowly and almost fully away from the pMDI
- ⑥ Seal your lips around mouthpiece (or the spacer mouthpiece) while opening the teeth
- ⑦ **Take a slow, deep breath in**
- ⑧ **Just after you start breathing in, actuate the pMDI**
- ⑨ Continue to breathe in slowly until your lungs are full
- ⑩ A slow, deep breath in over at least 5 seconds is much better than a short, sharp breath
- ⑪ Hold your breath when your lungs are full as long as you comfortably can, then breathe out slowly
- ⑫ Replace the cap
- ⑬ Always keep a spare pMDI

### DPIs

- ① Open the DPI or take the cap off
- ② Load the DPI
- ③ Breathe out slowly and almost fully, away from the DPI
- ④ Seal your lips around mouthpiece while opening the teeth
- ⑤ **Breathe in as briskly, quickly and deeply as you can until your lungs are full**
- ⑥ Hold your breath as long as you comfortably can when your lungs are full, then breathe out slowly
- ⑦ Close the DPI
- ⑧ Always keep a spare device or spare capsules
- ⑨ Always keep the DPI dry and away from humid conditions