

How to Take Your Inhaler Medicines HandiHaler

Load the Dose



1. Open the inhaler cap by pressing the green button.



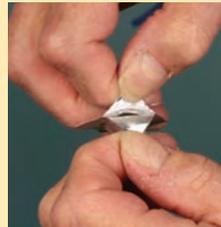
2. Pull up on the cap to get to the mouthpiece.



3. Lift up the mouthpiece by pulling the mouthpiece ridge up.



4. Tear one packet of the medicine from the silver sheet by tearing along the dotted lines.



5. To open the packet, peel back the foil at the arrow. Do not cut the foil or use anything sharp to take the capsule from the packet. Do not push the capsule out of the packet through the foil. Turn the packet upside down and tip the capsule out, tapping the back of the packet, if needed.



6. Insert the capsule in the center section of the HandiHaler. It does not matter which end of the capsule is put in first.



7. Close the mouthpiece firmly **until you hear a click**, leaving the cap open. Be sure that the mouthpiece sits firmly against the gray base.



8. Hold the HandiHaler with the mouthpiece upwards and press the green piercing button until it is all the way in. Then, release the button.

Inhale the Dose



9. Breathe out completely.
Important: Do not breathe into the HandiHaler mouthpiece at any time.

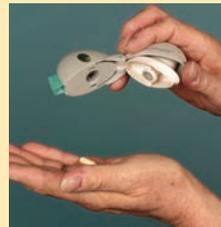


10. Hold the HandiHaler by the gray base, being careful not to block the air vents. Raise the HandiHaler to your mouth and close your lips tightly around the mouthpiece.



11. Keep your head upright and breathe in **slowly and deeply** until you hear or feel the capsule vibrate. Breathe in until your lungs are full. Hold your breath for as long as it is comfortable. Then, remove the HandiHaler from your mouth.

To make sure that you get the full dose, breathe out completely and repeat steps 9-11.



After you have finished taking your daily dose, open the mouthpiece. Tip out the used capsule, and throw it away. Then, close the mouthpiece and cap.

To clean your inhaler:

- Open the dust cap, mouthpiece and base.
- Wash the inhaler by hand in warm, soapy water.
- Rinse completely.
- Allow the inhaler to air dry before using again.
- Clean the inhaler once a month.

See the package insert for complete instructions.