

How to Use the Autohaler



Instructions:

1. Remove the cap from the Autohaler inhaler.
2. Shake the inhaler upright and shake well.
3. Hold the inhaler upright and push the lever up until it clicks into place.
4. Breathe out gently away from the inhaler.
5. Place the mouthpiece of the inhaler between your teeth without biting the mouthpiece. Close your lips around the mouthpiece to form a good seal.
6. Breathe in slowly and deeply. Keep breathing in after you hear a click. The click means that the medicine is released.
7. Hold your breath for 10 seconds or as long as is comfortable.
8. While holding your breath, remove the inhaler from your mouth.
9. Breathe out gently away from the inhaler.
10. Push the lever down.
11. If more than one dose is needed, repeat steps starting from step 2.
12. Replace the cap on the inhaler.

Tips:

- Keep your chin up and the inhaler upright. Do not aim the inhaler at the roof of your mouth or tongue.
- Always lift the lever before using the inhaler.
- Always place the cover back on the inhaler after use.
- If you are using this inhaler for a corticosteroid preventer medication, rinse your mouth with water and spit after inhaling the last dose to reduce the risk of side-effects.