

## How to Use the Handihaler



### Instructions:

1. Open the cap by pulling upward.
2. Open the mouthpiece.
3. Peel back the foil from the medication capsule, remove the capsule and place the capsule in the Handihaler inhaler chamber.
4. Close the mouthpiece until you hear a click.
5. Press the green piercing button in once and release. This will release the medication from the capsule into the inhaler chamber. Do not shake the inhaler.
6. Turn your head away from the inhaler and exhale.
7. Place the mouthpiece between your teeth without biting it. Close your lips around the mouthpiece to form a good seal. Breathe in slowly and deeply so the capsule vibrates.
8. Remove the inhaler from your mouth.
9. Hold your breath for 10 seconds or as long as comfortable.
10. Exhale slowly through your mouth or nose away from the inhaler.
11. Repeat steps 7-9 to take the full dose.
12. Open mouthpiece and remove the used capsule.
13. Close the mouthpiece.
14. Close the cap.

### Tips:

- If you are using a corticosteroid medication, rinse your mouth after all doses are complete.
- Always close the inhaler after use.