How to Use Autohaler

Patient Education Guide

Learn with - An Interactive training - Engaging animations - Your web cam
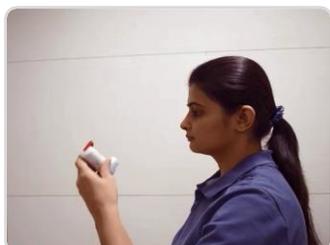**Good Inhaler Technique -**Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

www.use-inhalers.com

- For cleaning and priming refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.

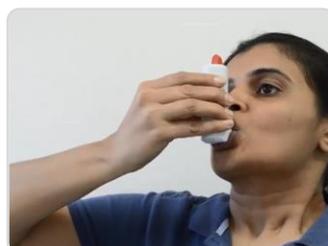**Step1:** Take off the cap from the mouthpiece.

Step2: Shake the Autohaler well.

Step3: Hold upright and push the lever up until it clicks into place.
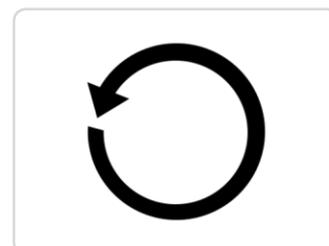

Step4: Exhale away from the inhaler.

Step5: Keep the Autohaler in your mouth. Take a slow and deep breath. You'll hear a click when the medication is released. Continue breathing in until you take a full breath.

Step6: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.

Step7: Press the lever down.

Step8: Repeat 2 to 7 steps after 30 seconds, if another dose is required.

Step9: Close the inhaler.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.