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

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- 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.

**Step 1:** Take off the cap from the mouthpiece.

**Step 2:** Shake the Autohaler well.

**Step 3:** Hold upright and push the lever up until it clicks into place.

**Step 4:** Exhale away from the inhaler.

**Step 5:** 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.

**Step 6:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.

**Step 7:** Press the lever down.

**Step 8:** Repeat 2 to 7 steps after 30 seconds, if another dose is required.

**Step 9:** 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.

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