How to Use Handihaler
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 refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.

**Step 1:** Open the dust cap by pulling upward.
**Step 2:** Open the mouthpiece.
**Step 3:** Keep one end of the capsule in the center chamber.
**Step 4:** Close the mouthpiece firmly. You'll hear a click. Leave the dust cap open.
**Step 5:** Press piercing button once. You'll hear a click. Doing so makes holes in the capsule and easily releases the medicine, when you inhale.
**Step 6:** Exhale away from the inhaler.
**Step 7:** Hold the Handihaler horizontally. Keep the mouthpiece in your mouth and take a quick and deep breath. You'll hear the capsule rattle.
**Step 8:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.
**Step 9:** Breathe in through the mouthpiece once again. This ensures that you get your complete dose of medicine.
**Step 10:** Open the mouthpiece, remove the used capsule and dispose it. Do not keep capsules in the Handihaler.
**Step 11:** For storing the Handihaler. Close the mouthpiece and dust cap.
**Step 12:** If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

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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