PATIENT INFORMATION:

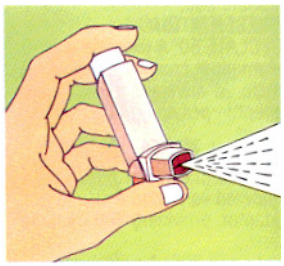
Before using your inhaler read this leaflet carefully and follow the instructions.

HOW TO USE YOUR INHALER CORRECTLY

Important:
Follow instructions carefully.

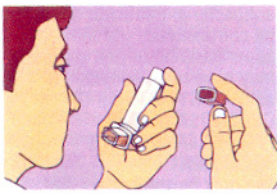
Testing your inhaler

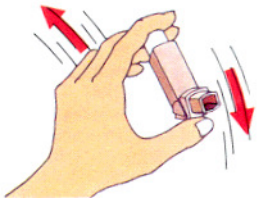
Before using your inhaler for the first time, or if it has not been used for a week or more, "test fire" it, i.e. release one puff into the air.



1

Remove the mouthpiece cover, and check the mouthpiece thoroughly to see that it is clean. Shake the inhaler vigorously.





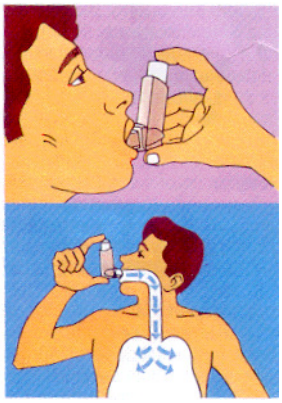
2

Hold the inhaler as shown between index finger and thumb. Breathe out gently through your mouth and immediately place the mouthpiece in your mouth between your teeth (Do not bite it).



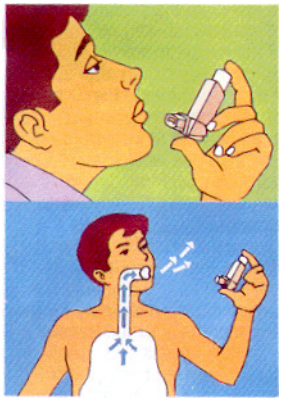
3

Grip the mouthpiece firmly with your lips. Tilt your head slightly backwards. Start breathing in slowly through your mouth. At the same time press the canister as shown, to release one dose while continuing to breathe in steadily and deeply.



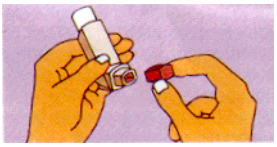
4

Remove the inhaler from your mouth. Hold your breath for at least 10 seconds, or as long as is comfortable. Breathe out slowly.



5

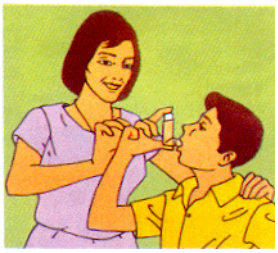
If another dose is required, wait for at least one minute and repeat steps 1 to 4. After use, replace the mouthpiece cover.



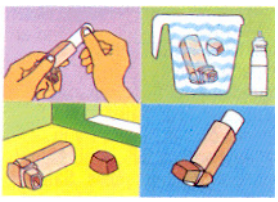
NOTE
Do not rush stages 2 and 3. It is important to breathe in slowly through your mouth just before pressing the canister. To be sure of using your inhaler properly, you may initially practice these steps in front of a mirror.



For children
Young children may need help. To help the child, parents must first learn the technique correctly themselves, then properly guide the child to use the inhaler.



Cleansing



Clean your inhaler at least once a week.

1. Gently pull the metal canister out of the adaptor of the inhaler. Remove the mouthpiece cover.
2. Rinse the adaptor and the mouthpiece cover in warm water. But do not put the metal canister into water.
3. Leave to dry in a warm place. Avoid excessive heat.
4. Replace the canister and the mouthpiece cover correctly.