

# How to Use Handihaler

Patient Education Guide



**Learn with** - An Interactive training - Engaging animations - Your web cam

**Good Inhaler Technique:** -Increases medicine effect - Reduces medicine cost - Reduces ER Visits

[www.use-inhalers.com](http://www.use-inhalers.com)

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



**Step1:** Open the dust cap by pulling upward.



**Step2:** Open the mouthpiece.



**Step3:** Keep one end of the capsule in the center chamber.



**Step4:** Close the mouthpiece firmly. You'll hear a click. Leave the dust cap open.



**Step5:** Press piercing button once. You'll hear a click. Doing so makes holes in the capsule and easily releases the medicine, when you inhale.



**Step6:** Exhale away from the inhaler.



**Step7:** Hold the Handihaler horizontally. Keep the mouthpiece in your mouth and take a quick and deep breath. You'll hear the capsule rattle.



**Step8:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



**Step9:** Breathe in through the mouthpiece once again. This ensures that you get your complete dose of medicine.



**Step10:** Open the mouthpiece, remove the used capsule and dispose it. Do not keep capsules in the Handihaler.



**Step11:** For storing the Handihaler. Close the mouthpiece and dust cap.



**Step12:** 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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