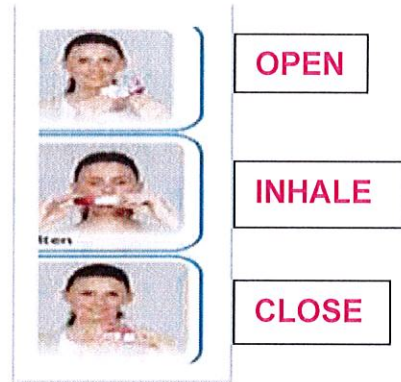


## Patient Information

### How to use the NEXThaler



Keep the cover fully closed until you need to take a dose from your inhaler.

#### "OPEN"

1. Hold your inhaler firmly in the upright position.
2. **Open** the cover fully.

#### "Breathe"

3. **Breathe out** gently away from the inhaler (to make room in your lungs to breathe in deeply)
4. Lift your inhaler up, bring it to your mouth and place your lips around the mouthpiece and **form a seal** (to prevent the drug escaping).
  - **Do not cover the air vent when holding your inhaler.**
  - **Do not inhale through the air vent.**
5. Take a **quick and deep breath in** through your mouth to fill your lungs (you will need to **breathe in faster** than with a Metered Dose Inhaler (**MDI**)). You may hear or feel a click when you take your dose.

#### "Hold Breath"

6. Remove your inhaler from your mouth.
7. **Hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs), and then breathe out slowly

#### "Close"

8. Move your inhaler back to the upright position and **close the cover fully**. Check that the dose counter has gone down by one.
9. If you require a second dose repeat steps 1 – 8.

***Breathe in deeply!***

To see a demonstration on correct inhaler technique visit

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>