

Patient Information

How to use the Easyhaler



"Shake & prime device"

1. Remove the **protective cap** from the mouthpiece of the inhaler before use
2. **Shake the inhaler** vigorously up and down 3–5 times (to mix the contents of the inhaler). After shaking, hold the Easyhaler in the upright position.
3. Release the dose by **pressing the device** between thumb and forefinger – **just once**, until you hear a click - and let it click back up again.*

* If you think that you clicked more than once, remove the dose from the mouthpiece by tapping it against the palm of your hand or, for example, a table and start again.

"Breathe"

4. **Breathe out** gently away from the inhaler (to make room in your lungs to breathe in deeply)
Put the mouthpiece in your mouth between your teeth and lips and **form a seal** (to prevent the drug escaping).
6. Take a **strong, deep breath in** through your mouth to fill your lungs (you will need to **breathe in faster** than with a Metered Dose Inhaler (MDI)). **Do not press the device at the same time as breathing in – only at step 3.**

"Hold Breath"

7. **Hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs), and then breathe out slowly
8. Wait for 30-60 seconds before repeating steps 2 – 7 if you require a second dose
9. Replace the protective cap

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>