

MDI

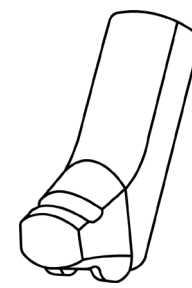
metered dose inhaler

1. Take off the cap and hold the inhaler upright.
2. Shake the inhaler to mix the medication with the propellant.
3. Fit the puffer inhaler into the spacer opening (opposite the mouthpiece).
4. Sit upright, tilt your head back slightly (as if you are sniffing).
5. Hold the device upright, insert the mouthpiece into your mouth ensuring that your lips firmly seal the mouthpiece of the spacer.
6. Press the puffer inhaler once only.
7. Take 4-6 normal breaths in and out through your mouth. (Do not remove the spacer from your mouth between breaths) OR take one slow deep breath in and hold this for 10 seconds.
8. Repeat steps 2 to 7 for further doses.
9. When finished, remove the inhaler from the spacer and place the cap back on the inhaler.



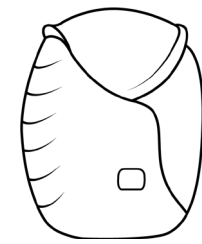
Turbuhaler

1. Unscrew and remove the protective cover.
2. Check the dose indicator window. If window is red, it is time to get a new Turbuhaler.
3. Hold the Turbuhaler upright.
4. Twist the coloured grip as far as it will go in one direction and then back in the other direction. You will hear a 'click'. Your Turbuhaler is now loaded with a dose of medication.
5. Hold the inhaler away from your mouth and breathe out fully.
6. Place mouthpiece between your teeth without biting and close lips to form a good seal. Do not cover air vents.
7. Suck in deeply and forcefully through the Turbuhaler. Hold your breath for about 5 seconds or as long as comfortable.
8. While holding your breath, remove inhaler from your mouth. Breathe out slowly and gently, away from inhaler. Do not breathe back into the mouthpiece as you will make it damp inside.
9. Repeat steps 2 to 8 for further doses.
10. When finished, place the cover back on the inhaler.



Spiromax

1. Check dose counter window. If numbers are red, it is time to get a new Spiromax inhaler.
2. Hold the inhaler upright with the red mouthpiece cover at the bottom. You do not need to shake your inhaler.
3. Fold down the mouthpiece cover until you hear a loud 'click'. This indicates the dose is measured and ready to use.
4. Hold the inhaler away from your mouth and breathe out fully.
5. Place the mouthpiece between your teeth without biting and close your lips to form a good seal. Do not cover the air vents.
6. Breathe in through your mouth deeply and forcefully. Hold your breath for 5 seconds or as long as comfortable.
7. While holding your breath, remove the inhaler from your mouth.
8. Breathe out slowly and gently, away from the inhaler and close the mouthpiece cover.
9. If more than one dose is required, repeat steps 1 to 8 above.



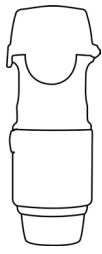
Ellipta

1. Check dose counter window. If window is red, it is time to get a new Ellipta inhaler.
 2. Slide the cover down to expose the mouthpiece until you hear a 'click'.
 3. Hold the inhaler away from your mouth and breathe out fully.
 4. Put the mouthpiece firmly between your lips.
 5. Take one long steady breath in through your mouth. Hold your breath for about 5 seconds or as long as you are comfortable.
 6. While holding your breath, remove the inhaler from your mouth.
 7. Breathe out slowly and gently, away from the inhaler.
 8. Slide the cover up and over the mouthpiece as far as it will go, to close inhaler.
- Note:** Do not open or close the mouthpiece cover unless you are about to use your inhaler; if the mouthpiece is closed, the dose is lost.

Please see the manufacturer's patient information leaflet enclosed within each inhaler pack, for device-specific instructions. The information is not intended to replace the medical advice of your healthcare practitioner.

HOW TO USE
INHALER DEVICE CHART

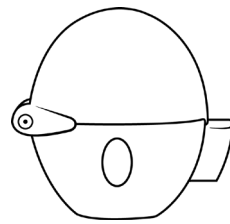
 **Asthma +
Respiratory**
FOUNDATION NZ



Respimat

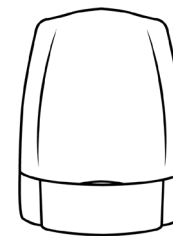
1. Hold the Respimat inhaler upright, with the cap closed.
2. Turn base in direction of arrows until it 'clicks' (half a turn).
3. Open the cap of the Respimat.
4. Hold the inhaler away from your mouth and breathe out fully.
5. Insert the mouthpiece into your mouth ensuring that your lips firmly seal over the mouthpiece (do not cover the air vents). Keep the inhaler horizontal.
6. Breathe in slowly and deeply through the mouth, and at the same time, press down on the dose release button on the front of the inhaler.
7. Keep breathing in slowly and deeply.
8. Hold your breath for about 5 seconds or as long as comfortable.
9. While holding your breath, remove the inhaler from your mouth.
10. Breathe out gently, away from the inhaler.
11. Close the cap to click shut.
12. Repeat steps 2 to 10 for further doses.

*If using for first time, **load cartridge and prime inhaler** by turning clear base in direction of arrows until it 'clicks' (half a turn). Open cap, press dose release button on front of inhaler until you see the mist come out of the mouthpiece. You may need to do this several times.*



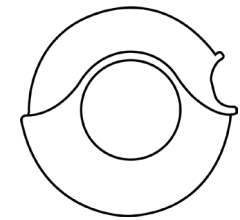
Handihaler

1. Open the cap of the Handihaler device.
2. Open the mouthpiece.
3. Remove the capsule for inhalation from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges; do not 'pop' the capsule through the foil wrapping as this will damage the capsule).
4. Close the mouthpiece until you hear a 'click'.
5. Press the green piercing button on the side of the Handihaler in once, and release. (Do not shake).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Place the mouthpiece between your teeth without biting and close your lips to form a good seal.
8. Breathe in slowly and deeply, so you can hear the capsule vibrate. Hold your breath for 5 seconds or as long as you are comfortable.
9. Take a second breath from the same capsule to get the full dose. You do not need to pierce the capsule again.
10. While holding your breath, remove the inhaler from your mouth.
11. Breathe out slowly and gently, away from the inhaler.
12. Open the mouthpiece to remove the used capsule and discard.
13. Close the mouthpiece and cap.



Breezhaler

1. Remove the cap from the Breezhaler device.
2. Rotate to open the mouthpiece.
3. Remove one capsule from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges, so as not to damage the capsule).
4. Close the mouthpiece until you hear a 'click'.
5. Press side buttons to pierce the capsule once and release. (Do not shake).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Place the mouthpiece between your teeth without biting and close your lips to form a good seal.
8. Breathe in quickly and steadily, so you can hear the capsule vibrate. Hold your breath for 5 seconds or as long as you are comfortable.
9. Take a second breath from the same capsule to get the full dose. You do not need to pierce the capsule again.
10. While holding your breath, remove the inhaler from your mouth.
11. Breathe out slowly and gently, away from the inhaler.
12. Open the mouthpiece to remove the used capsule and discard.
13. Close the mouthpiece and cap.



Accuhaler

1. Check dose counter window. If numbers are red, it is time to get a new Accuhaler.
2. Open the device by holding the outer case. Using the thumb grip, slide the cover open as far as it will go.
3. Face the mouthpiece towards you.
4. Push the lever away from the mouthpiece until you hear the 'click'.
5. Sit upright, tilting your head back (as if you are sniffing).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Insert the mouthpiece into your mouth ensuring that your lips firmly seal the mouthpiece. Keep inhaler horizontal.
8. Breathe in fully, remove the Accuhaler from the mouth and hold your breath for about 5 seconds or as long as comfortable.
9. While holding your breath, remove the inhaler from your mouth.
10. Breathe out slowly and gently, away from the inhaler.
11. Slide the thumb grip back over the mouthpiece.
12. Repeat steps 1 to 10 if a second dose required.

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