



Technique For Use Of Various Dry Powder Inhalers

Aerolizer

- Remove cover and hold the base of inhaler.
- Twist mouthpiece in counter-clockwise direction.
- Remove capsule from foil blister immediately before use and place capsule in the base of the inhaler.
- Hold the base of the inhaler and turn clockwise to close.
- Simultaneously press both buttons once to pierce the capsule.
- Exhale normally – do not exhale into the mouthpiece.
- Tilt head back slightly, hold device horizontal with the buttons on the left and right, place mouthpiece into the mouth, and close lips around mouthpiece.
- Breathe in rapidly and steadily, as deeply as possible; hold breath.
- Remove device from mouth and exhale outside device.
- Open chamber and examine capsule; if powder remains, repeat inhalation process.
- After use, remove and discard capsule, and cover mouthpiece; store device in cool, dry place.

Diskhaler

- Remove mouthpiece cover and pull tray out from device.
- Place disk on wheel with numbers facing up.
- Rotate disk by sliding tray out and in.
- Lift back of lid until fully upright so that needle pierces both sides of blister.
- Keep device level while inhaling dose with a rapid and steady flow.
- Breathe in rapidly and steadily, as deeply as possible; hold breath.
- Remove device from mouth and exhale outside device.
- Brush off any powder remaining within device once every week; store device in cool, dry place.

Diskus

- Open the device and slide the lever until it clicks.
- Keep device level while inhaling dose.
- Breathe in rapidly and steadily, as deeply as possible; hold breath.
- Remove device from mouth and exhale outside device; store device in cool, dry place.

HandiHaler

- Capsules should be store in sealed blisters and only removed immediately before use.
- Peel back the foil using the tab until one capsule is fully visible.
- Open the dust cap by pulling it upwards, then open the mouthpiece.
- Place the capsule in the center chamber (it does not matter which end of the capsule is placed in the chamber).
- Close the mouthpiece firmly until you hear a click, leaving the dust cap open.
- Hold the HandiHaler with the mouthpiece upwards and press the piercing button completely in once and release.
- Breathe out completely. Do not breathe into the mouthpiece at any time.
- Close your lips tightly around the mouthpiece.
- Breathe in rapidly and steadily, as deeply as possible; hold breath.
- To ensure you get the full dose, repeat the inhalation from the HandiHaler as described.
- After the dose, open the mouthpiece, tip out the used capsule, and dispose. Do not handle used capsules.
- Close the mouthpiece and dust cap for storage; store device in cool, dry place.



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Technique For Use Of Various Dry Powder Inhalers

Turbuhaler

- Twist and remove cover.
- Hold inhaler upright with mouthpiece facing up.
- Turn grip right then left until it clicks.
- Inhaler may be held upright or horizontal.
- Breathe in rapidly and steadily, as deeply as possible; hold breath.
- Remove device from mouth and exhale outside device.
- Replace cover and twist to close; store device in cool, dry place.

Twisthaler

- Hold the inhaler straight up with the pink portion (the base) on the bottom.
- Remove the cap while it is in the upright position to make sure you get the right amount of medicine with each dose.
- Hold the pink base and twist the cap in a counter-clockwise direction to remove it.
- As you lift off the cap, the dose counter on the base will count down by 1. This action loads the medicine that you are now ready to inhale.
- Make sure the indented arrow located on the white portion (directly above the pink base) is pointing to the dose counter.
- Breathe out normally – do not exhale into the device.
- Place the mouthpiece into your mouth, with the mouthpiece facing towards you, and close your lips tightly around it.
- Inhale dose with a rapid and steady flow while holding the Twisthaler horizontal.
- Remove the mouthpiece from your mouth and hold your breath for 5 to 10 seconds (or as long as you comfortably can).
- When you exhale, be sure that you are not exhaling into the device.
- Immediately replace the cap and turn in a clockwise direction as you gently press down until you hear a click.
- Firmly close the Twisthaler to assure that your next dose is properly loaded.
- Be sure that the arrow is in line with the dose-counter window.
- Store device in cool dry place.
- The dose counter displays the number of doses remaining. When the unit reads 01, this indicates the last remaining dose. When the counter reads 00, the unit must then be discarded.