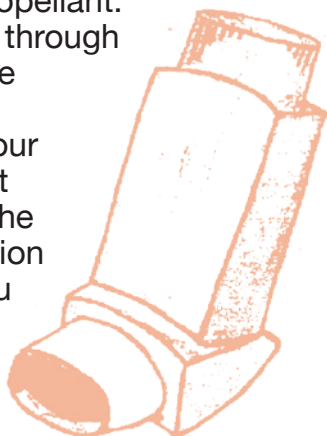


# Instructions on how to use a breath-actuated inhaler (BAI)

## What is a breath-actuated inhaler (BAI)?

It is a type of inhaler that contains the drug dissolved in a gas propellant. When you breathe in through the mouthpiece of the inhaler, the medicine enters directly into your lungs. It is small, light and easy to use, as the medicine administration is activated when you inhale.



The case is made of plastic and can be washed with soap and water.

## How do you use a breath-actuated inhaler (BAI)?

Either standing or sitting down, relax as much as you can and follow these instructions:

**1.** Open the device.



**2.** Shake gently.



**3.** Hold the inhaler in the correct position (upright, L-shape). Do not cover the vents at the bottom of the inhaler.

**4.** Breathe out as fully as possible.



**5-6-7.** Keep your head up and place the inhaler in your mouth. Breathe in through your mouth as deeply as possible. Continue to breathe in after you hear a click.



**8.** Hold your breath in your lungs for [10 seconds or for as long as you can].



**9.** Breathe out slowly.



**10.** Replace the cap. If you need another dose, close the inhaler, then open it again and repeat steps 2 to 9.



**11.** Gargle and rinse your mouth after each use.



If you have any questions, please check with the nurse.