

# Instructions on how to use a Handihaler®

## What is the Handihaler® system?

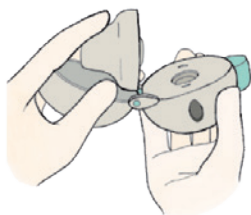
It is a device used for inhaling a medicine contained in a capsule that is placed in the device and pierced just once. When inhaled through the inhaler's mouthpiece, the medicine reaches the lungs directly. Moisture can cause the medicine to clump together, so it must be kept in a dry place. It does not need to be shaken and must be held upright. The person must be standing or sitting up straight to make it easier for the chest to expand. Once a week the mouthpiece must be washed with soap and water and rinsed well, squeezing the side buttons 3 or 4 times to make sure the piercing needles are properly cleaned, and allow to air dry or dry with a clean cloth.



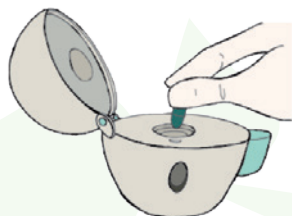
## How do you use the Handihaler®?

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

**1.** Open the lid and the mouthpiece.



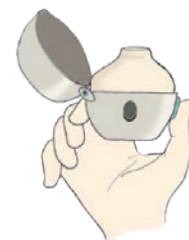
**2.** Insert the capsule in the chamber.



**3.** Close the mouthpiece.



**4.** Pierce the capsule by squeezing both sides of the device only once.



**5.** Breathe out as fully as possible (do not blow into the mouthpiece).



**6.** Close your lips around the mouthpiece and hold your head upright. Breathe in deeply through your mouth.

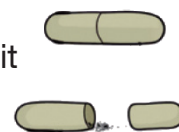


**7.** Hold your breath in your lungs for 10 seconds or for as long as you can.



**8.** Breathe out slowly.

**9.** Make sure the capsule is empty. If it is not, repeat steps 4 to 9.



**10.** Replace the cap.

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



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