

Instructions on how to use an Accuhaler®

What is the Accuhaler® device?

It is a disk-shaped device that contains multiple doses of a medication in the form of a dry powder. 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 should not be handled too much to prevent any of the dose from falling out through the mouthpiece. The person must be standing or sitting up straight to make it easier for the chest to expand. The mouthpiece should be cleaned regularly using a dry tissue and must not be washed with water as moisture affects the dry powder.



How do you use the Accuhaler®?

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

1. Hold the outer case of the inhaler while placing your thumb on the thumb grip and pushing until you hear a click.



2. Slide the lever until it clicks again; that means a dose is now loaded.



3. Breathe out fully (do not blow into the mouthpiece).



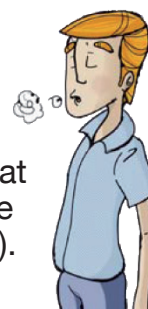
4. Holding the inhaler horizontally, close your lips around the mouthpiece and breathe in deeply through your mouth.



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



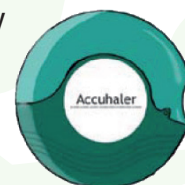
6. Breathe out slowly. If another dose is required, repeat steps 1 to 6 (first close the inhaler to reload it).



7. Gargle and rinse your mouth after each use.



8. A little dose counter window shows how many doses are left. Close the case.



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