

PATIENT INFORMATION SHEETS 2016

Instructions on how to use an Aerolizer®

What is the Aerolizer[®] device? 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, squeezing the side buttons 3 or 4 times to make sure the punches are properly cleaned; rinse well and allow to air dry or dry with a clean cloth.

How do you use the Aerolizer®?

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

1. Remove the cap.



2. Twist the mouthpiece in the direction of the arrows to open: you will see a space for the capsule. Place it inside and twist the tube back to close.



Authors and scientific review: CAMFiC Respiratory Group

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3. Pierce the capsule by squeezing both sides of the inhaler only once.

4-5. Breathe out fully (do not blow into the mouthpiece). Close your lips around the mouthpiece and hold your head upright.

6-7. Breathe in deeply through your mouth. Hold your breath in your lungs for 10 seconds or for as long as you can.

8. Breathe out slowly through your mouth.

9. Make sure the capsule is empty. If it is not, repeat steps 4 to 8. If more doses are needed, use another capsule and repeat steps 2 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.

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