How to Use Your Ellipta®

1. Check the dose counter before each use.

2. Slide the cover down. You should hear a “click”. This loads one dose of medicine for you to breathe in. The dose counter will count down by one.

3. Stand or sit up straight.

4. Turn your head away from the inhaler. Breathe out all the way. DO NOT breathe into the inhaler.

5. Seal your lips tightly around the mouthpiece. DO NOT block the air vent with your fingers.

6. Breathe in FAST and DEEP (1-2 seconds) through your mouth.

7. When your lungs are full, take the inhaler out of your mouth.

8. Hold your breath for 3-4 seconds or as long as you can.


10. Slide the cover back over the mouthpiece.

After using steroid inhalers like the Arnuity® or Breo® Ellipta®:

- Rinse your mouth
- Gargle
- Spit the water out
- DO NOT SWALLOW THE WATER

The Ellipta® is a dry powder inhaler. When you breathe in a dose, you may or may not feel or taste the medicine.

Note:

If you open and close the cover without inhaling a dose of medicine, you will lose the dose.

The lost dose will be held inside the inhaler but will not be available for you to breathe in.
Ellipta® Tips

Do I need to prime the Ellipta®?

• This inhaler does not need to be primed.

How do I care for my Ellipta®?

• Keep this inhaler in the foil tray. Only open when you are ready to use it.
• Write the date you opened the foil tray on the inhaler label.
• Write the “Discard” date on the inhaler label. This is 6 weeks after the tray is opened. Do not use the inhaler past the “Discard” date.
• Keep this inhaler in a dry place.
• Keep this inhaler at room temperature.
• If the mouthpiece needs to be cleaned, wipe off with a dry cloth.

How do I know when I need a refill?

• The dose counter shows the number of doses left in the inhaler.
• When this inhaler is brand new, it has 30 doses.
• The dose counter counts down by 1.
• When there are fewer than 10 doses left, the dose counter turns red. Contact the pharmacy to get a refill.
• When the dose counter reaches “0” the inhaler is empty. Throw it away.
• Do not use the inhaler past the expiration date. If expired, throw the inhaler away and ask for a refill.

Adapted from:

Talk to your health care provider if you have questions about your Ellipta®.