# How to Use Your Handihaler®

1. Pull up the cap.

2. Pull up the mouthpiece so the chamber shows. Put the capsule in the chamber.

3. Close the mouthpiece until you hear a click. Hold the inhaler so the mouthpiece faces up.

4. Push the green button once. Do not press the green button more than one time.

5. Stand or sit up straight. Turn your head away from the inhaler. Breathe out all the way. DO NOT breathe into the inhaler.

6. Seal your lips tightly around the mouthpiece. Breathe in FAST and DEEP through your mouth. You should hear the capsule rattle or feel it vibrate.

7. When your lungs are full take the inhaler out of your mouth. Hold your breath for 10 seconds or as long as you can.

8. Breathe out normally. Then, repeat steps 5-7.

9. Lift up the mouthpiece. Shake the capsule out of the chamber. Do not touch the capsule. After each use, close the cap over the mouthpiece.

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HandiHaler® Tips

Do I need to prime the HandiHaler®?

• This inhaler does not need to be primed.

How do I get the most out of my HandiHaler®?

• DO NOT SWALLOW THE CAPSULES.
• A brand new box will have a new inhaler and 30 capsules. Use a new inhaler each month.
• Take the capsules out of the foil pouch when you are ready to take a dose.
• The capsules are to be breathed in using your Handihaler®.
• Breathe in fast enough through your mouth to hear the capsule rattling in the chamber.
• If you do not hear this rattling sound, tap the inhaler against a hard surface. Then breathe in fast again.

Can I touch the capsule after I breathe in the medicine?

• Do not touch the capsule.
• If you touch the capsule, wash your hands right away.

How do I know when I need a refill?

• When there are 5 capsules left, contact the pharmacy to get a refill.
• Do not use the capsules past the expiration date. If expired, throw away. Ask for a refill.

How do I clean my HandiHaler®?

• If the mouthpiece needs to be cleaned, wipe off with a clean, damp cloth.
• Clean the inhaler as needed.
• Clean right after you take your dose. It takes 24 hours for the inhaler to dry.
• Open the cap and mouthpiece.
• Open the base by lifting the green button.
• Look in the chamber for capsule pieces or powder buildup. If seen, tap out.
• Rinse the inhaler with warm water. Press the green button a few times as the chamber and piercing needle are rinsed.
• Dry the inhaler. Tip the excess water out. Leave the cap, mouthpiece, and base open fully spread out. Let air dry.

Adapted from:

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