Source of information: leaflet (note: the instructions might differ according to the brand of the acquired inhaler)
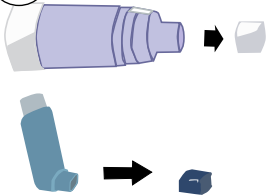
Testing your inhaler

Inhaler: When using the inhaler for the first time, test that it is working. Remove the mouthpiece cover by gently squeezing the sides with your thumb and forefinger and pull apart. To make sure that it works, shake it well, point the mouthpiece away from you and press the canister to release a puff into the air. If you have not used the inhaler for a week or more, release two puffs of medicine into the air.

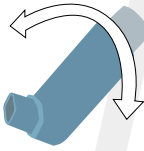Spacer: Look for and remove any foreign objects in the chamber. Administer 1 puff at a time.
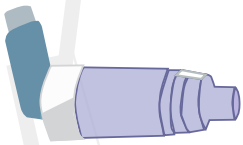
Using your inhaler

1 Remove caps from the inhaler and chamber.

2 Shake the inhaler 4 or 5 times to ensure that any loose objects are removed and that the contents of the inhaler are evenly mixed.

3 Insert the mouthpiece of your inhaler securely into the back of the chamber.

4 Place your lips around the mouthpiece to form a tight seal.

5 Breathe out gently.

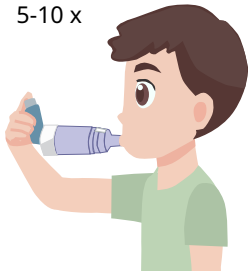6 Press the inhaler at the beginning of a slow inhalation.

7

Breathe in slowly and deeply through the mouth.

8 · Normal respirations / tidal volume technique

5-10 x

Keep lips tight on the mouthpiece breathing normally 5-6 times through the chamber after the inhaler is pressed. If the flow alert whistle sounds, breathe in more slowly. It means that you are inhaling too quickly.

8a · Holding breath / apnea technique

1 Hold your breath for 8 seconds.

2 Breathe out slowly.

9

After use always replace the covers straight away to keep out dust. Replace the covers by firmly pushing and clicking into position.