my-inhaler.com

evohaler

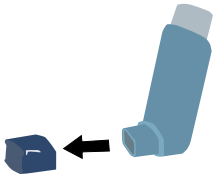
Source of information: leaflet (note: the instructions might differ according to the brand of the acquired inhaler)

Testing your 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.

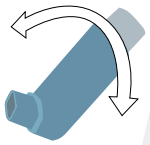
Using your inhaler

1



Remove the mouthpiece cover. Check inside and outside to make sure that the mouthpiece is clean and free of objects.

2



Shake the inhaler 4 or 5 times to ensure that the content of the inhaler are evenly mixed. Hold the inhaler upright with your thumb on the base, below the mouthpiece.

3

Breathe out as far as is comfortable. Do not breathe in again yet.

4

Place the mouthpiece in your mouth between your teeth. Close your lips around it. Do not bite.

5

Breathe in through your mouth. Just after starting to breathe in, press down on the top of the canister to release a puff of medicine. Do this while still breathing in steadily and deeply.

6

Hold your breath, take the inhaler from your mouth and your finger from the top of the inhaler. Continue holding your breath for a few seconds, or as long as is comfortable.

7

Breathe out gently.

8

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