How to use a Handihaler

1. Pull the dust cap upwards to reveal the mouthpiece and then lift the mouthpiece to reveal the centre chamber
2. With dry hands, peel back the foil on the blister pack, remove one capsule and place it in the centre chamber
3. Close the mouthpiece firmly until you hear a click. Leave the dust cap open.
4. Hold the Handihaler with mouthpiece upwards and press the green button completely in once and then release
5. Breathe out gently away from the device
6. Hold the mouthpiece at right angels to the mouth and place between the teeth with lips closed around the mouthpiece,
7. Breathe in slowly and deeply (you will hear the capsule vibrate). Hold breath for as long as is comfortable and remove inhaler from your mouth. Resume normal breathing.
8. If the capsule is not completely empty, repeat steps 5-7.
9. Open the mouthpiece and tip outthe used capsule and dispose in the household waste. Close the cap.

Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity