

# INHALER INSTRUCTIONS FOR ADULTS

ENGLISH

## How to use your inhaler with a spacer • How to clean your inhaler

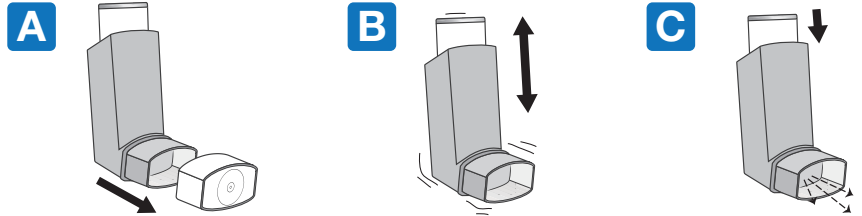
### USING YOUR INHALER WITH A SPACER

**Metered dose inhalers are best used with a spacer as more medication will reach your lungs than an inhaler on its own. Spacers are available free of charge from your GP or Respiratory Educator. If you have a spacer, use the following instructions.**

#### PRIME YOUR INHALER

**Prime your inhaler prior to using your inhaler for the first time or if the inhaler has not been used for more than one week.**

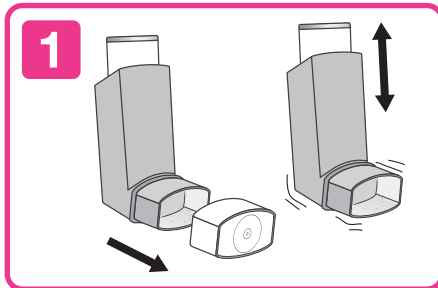
Hold the inhaler upright and remove the plastic dust cap from the mouthpiece of the inhaler. Shake the inhaler and depress the canister twice into the air to prime the inhaler.



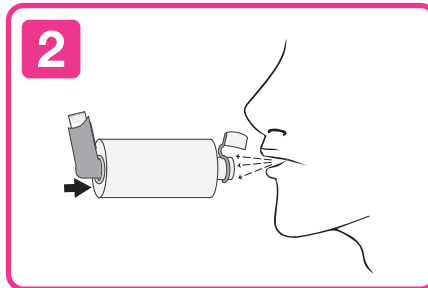
### HOW TO USE YOUR INHALER WITH A SPACER

**Inhalers are best used with spacers. Use a spacer with your preventer or combination pressurised metered dose inhalers. A spacer is also highly recommended with your reliever inhaler in an acute asthma attack.**

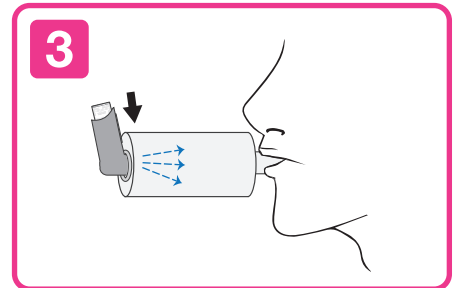
Provide feedback to your doctor if you have any concerns or issues when using your inhaler. If different directions have been provided by your doctor, please follow these instructions with care.



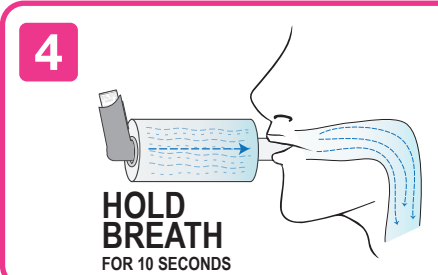
1. Remove the plastic dust cap from the mouthpiece of the inhaler and check the mouthpiece is clean. Check the dose counter on your inhaler if your device has one. Shake the inhaler well and prime if necessary.



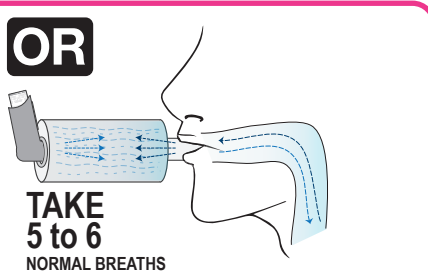
2. Insert the inhaler into the spacer at the opposite end to the mouthpiece. Breathe out deeply through your mouth.



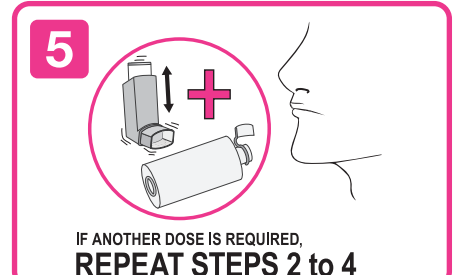
3. Place the mouthpiece of the spacer in your mouth taking care to not bite it and close your lips over the mouthpiece. Depress the canister **ONCE** to release one dose into the spacer.



4. Breathe in through your mouth deeply and steadily and hold your breath for 10 seconds. While holding your breath, remove the spacer from your mouth. Breathe out gently.



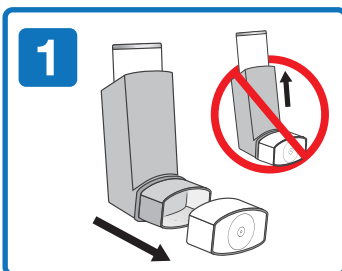
**OR** Take 5 to 6 normal breaths while the spacer is in your mouth. Remove the spacer from your mouth then breathe out gently.



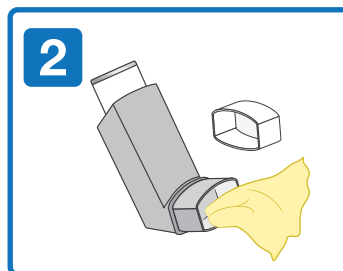
5. If another dose is required, repeat steps 2 to 4. Do not rush steps 2, 3, and 4. **Remember to shake the inhaler well between doses.**

### HOW TO CLEAN YOUR INHALER

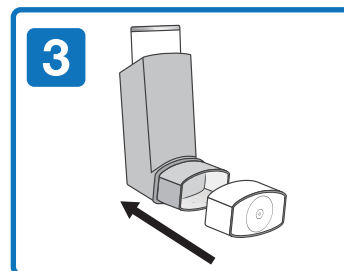
**The plastic actuator must be cleaned at least once a week, use the following technique to clean your inhaler.**



1. Remove the plastic dust cap from the mouthpiece of the inhaler.  
**THE METAL CANISTER SHOULD NOT BE REMOVED FROM THE PLASTIC ACTUATOR.**



2. The plastic mouthpiece and the dust cap are to be wiped inside and outside with a clean dry cloth.



3. Replace the plastic dust cap on to the mouthpiece of the inhaler.



**NEVER WASH OR SOAK ANY PART OF THE INHALER IN WATER.**

**QUICK TIP:**  
Clean your spacer weekly. Please refer to the cleaning instructions that come with your spacer.