

How do I use my HandiHaler[®]?

1. Fold and separate the two blister strips. Tear down the middle. Peel back foil on flat side exposing only one capsule at a time. Flip the blister strip over and let the capsule drop out. **Remember:** the capsules are sensitive to light and moisture.
2. Pull the lid upwards and lift open the mouthpiece.
3. Right before use, place one capsule in the capsule chamber.
4. Close the mouthpiece firmly until you hear a click, leaving the lid open.
5. Hold the HandiHaler[®] with the mouthpiece upright and press the piercing button once; release.
6. Breathe out completely. Close lips around mouthpiece.
7. Breathe in slowly and deeply until lungs are full.
8. Remove the HandiHaler[®] from your mouth while still holding your breath for a count of ten.
9. Open the mouthpiece and tip out the used capsule into the garbage. Close the mouthpiece and lid.
10. Wash hands after use to avoid eye contact with medication.

CARE OF HANDIHALER[®]

1. The HandiHaler[®] needs to be cleaned once a month or as needed.
2. Open the lid and lift up the mouthpiece. Then lift up the piercing button to open the base. Rinse the HandiHaler[®] with warm water to remove any powder. Do not use soap.
3. Dry the HandiHaler[®] completely by leaving the lid, mouthpiece and base open. Do not put in dishwasher.

THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

 and 
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Handihaler[®]

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