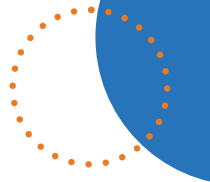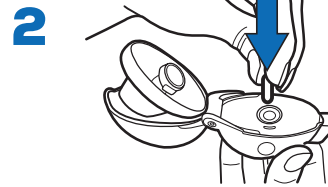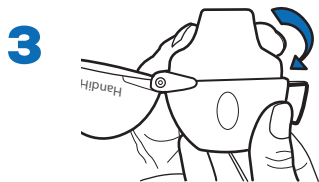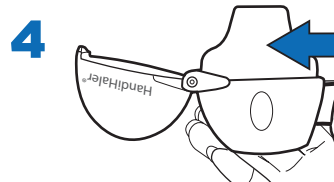# Using your Handihaler®

1 **Open** the HandiHaler® by pulling up on the dust cap. To expose the chamber where you will place your medication capsule, pull up on the mouthpiece.
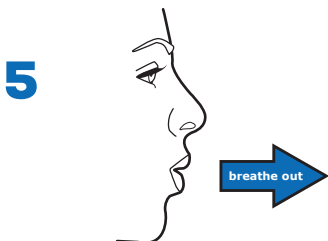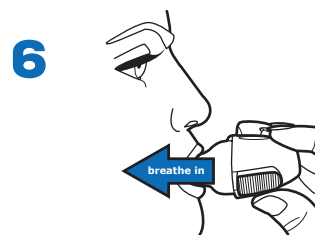
2 **Place** the capsule in the center of the chamber.

3 **Close** the mouthpiece until you hear a "click".

4 **Holding** upright, push the green button on the side of the HandiHaler® just once. This will break the capsule of medication.

5 **Breathe out** completely, away from the mouthpiece.

breathe out

6 **Seal** your lips around the mouthpiece. **Breathe in fast and deep.** You should hear the capsule vibrate.

breathe in

! 24/7/365 Emergency Support

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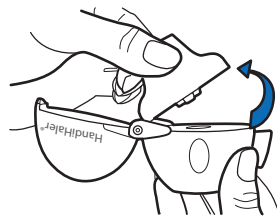
↗ CareicaHealth.com/oxygen

CareicaHealth
OXYGEN

7 **Remove** the HandiHaler® from your mouth. **Hold your breath for 5–10** seconds.

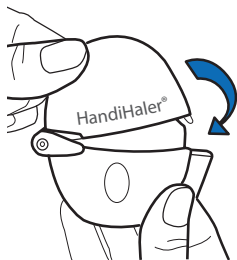You can repeat steps 5 to 7 to make sure you got all the medication.

hold your breath

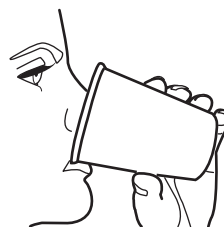**8** **Pull** up on the mouthpiece and throw away the used capsule.

DO NOT touch the capsule If you do, wash your hands; **DO NOT** touch your eyes.

9 **Close** the mouthpiece and dust cap.

10 **Rinse** your mouth with water; spit the water out. (If your medication is a corticosteroid e.g. flovent).

Tip **Clean** by removing the capsule and rinsing with warm tap water. Allow to air dry.