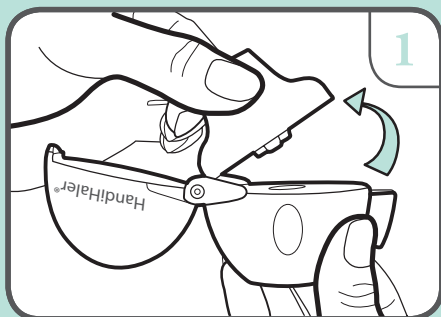
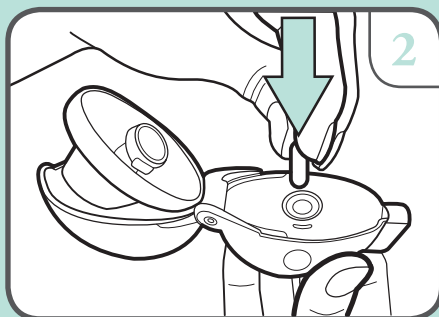


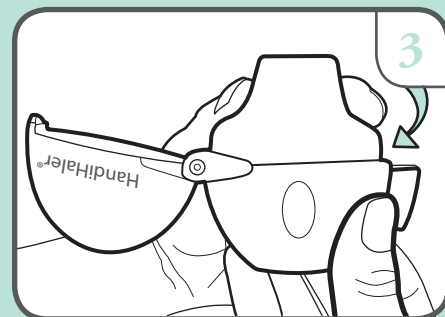
USING YOUR handihaler®



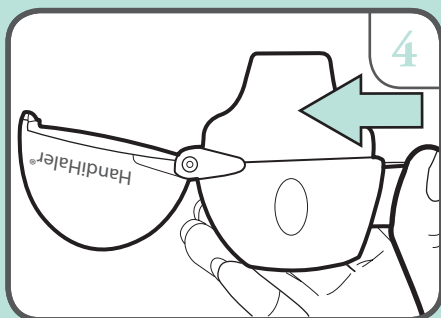
open the HandiHaler® by pulling up on the dust cap. To expose the chamber where you will place your medication capsule, pull up on the mouthpiece.



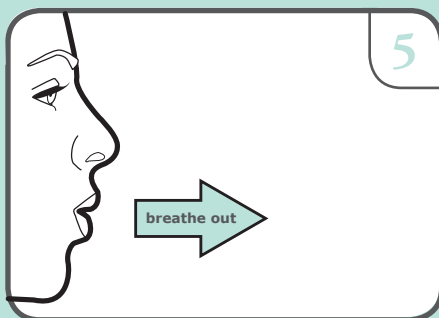
place the capsule in the center of the chamber.



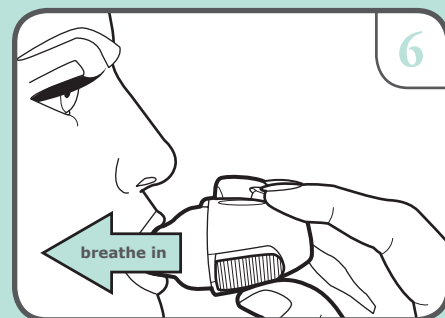
close the mouthpiece until you hear a "click".



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



breathe out completely, away from the mouthpiece.



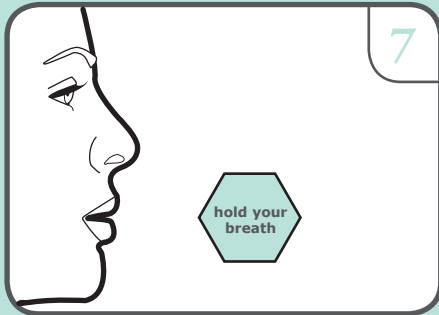
seal your lips around the mouthpiece. **Breathe in fast and deep.** You should hear the capsule vibrate.



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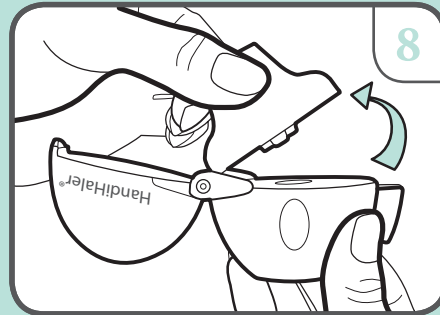
RESPIRATORY CARE GROUP

COMMUNITY RESPIRATORY PROGRAM



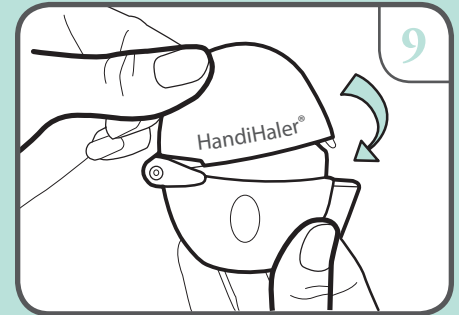
remove the HandiHaler® from your mouth. **Hold your breath for 5-10** seconds.

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

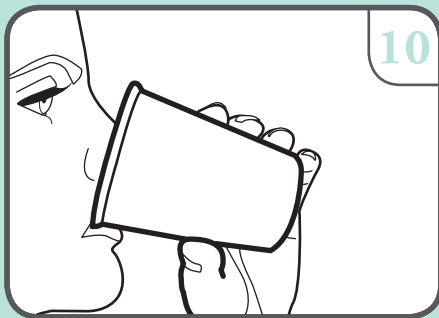


pull up on the mouthpiece and throw away the used capsule.

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



close the mouthpiece and dust cap.



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

clean by removing the capsule and rinsing with warm tap water. Allow to air dry.



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