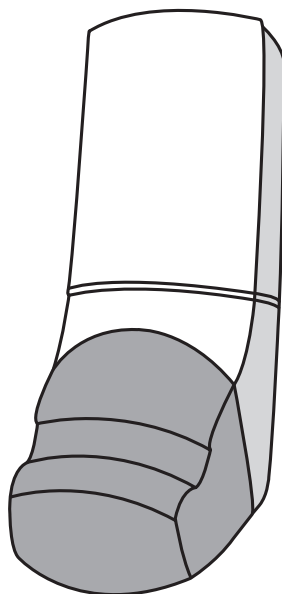


About Your Breath Activated Device

It is important that you use the inhaler correctly to make sure you have the full dose of the medication you need.



How do I use it?

1. Shake device and
2. Pull cap down
3. Breathe out, place the mouth piece into your mouth ensuring a good seal with your lips
4. Take a slow steady breath all the way in
5. Hold your breath aiming for 10 seconds or as long as comfortable
6. Breathe out and relax
7. Close cap
8. If you are prescribed 2 puffs repeat steps 1-7
9. If your inhaler contains a steroid, rinse your mouth after taking it

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm