

# How to use the inhaler with OptiHaler®



1. Take the canister out of its plastic holder



2. Take off mouthpiece cap



3. Put the canister into the Optihaler like this



4. Make sure the end cap is closed tightly



5. Shake well



6. Breathe out completely



7. Put your lips around the mouthpiece



8. Press down here **AT THE SAME TIME** as you breathe IN slow and deep



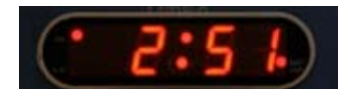
9. Hold your breath for ten seconds if you can



10. Breath out slowly



If you need another puff of medicine...



...wait **ONE** minute, then repeat steps 8–10



11. Put the cap back on



12. Rinse with water and spit out

