

How to use an Handihaler®



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

Usage

- Only remove **ONE** capsule from the package just before you put it into the Handihaler®.
- Make sure your hands are dry.
- **DO NOT SWALLOW THE CAPSULE.**
- Steps 9 to 11 are repeated in the directions to ensure you have taken all of the medication.
- If you breathe into the Handihaler® after it is loaded, throw the capsule away. Put a new one in and follow steps 7 to 14.

Cleaning

- Wipe the mouthpiece with a clean, dry, cloth or tissue.
- If you don't get a new Handihaler with each prescription then you will need to wash it every month. Follow the step by step instructions that come with your Handihaler®. You will need to replace it every year.

Storage

- Keep the package in a dry place at room temperature.
- Keep away from direct sunlight or heat.
- Do not store in the bathroom.

When to get more capsules

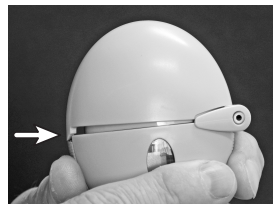
- Prescriptions will last you 30 days. Samples from the doctor are different so be sure to check how many doses you have.
- Check the expiry date on the box or the package of capsules.
- Start using a new prescription of capsules when the old one is finished or expired.

This document is for informational purposes only. For detailed instructions on use of the Handihaler® and information about your medication please see the package insert or ask your pharmacist.

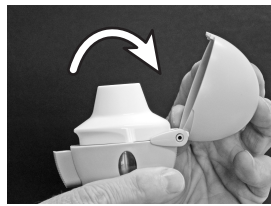
more information on other side →

Healthlink BC Call 8-1-1 www.healthlinkbc.ca	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		

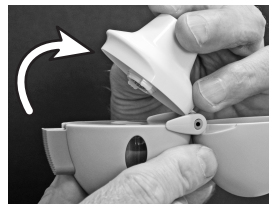
How to use a Handihaler[®] (continued)



1. Push button.



2. Let go of the button and open cover.



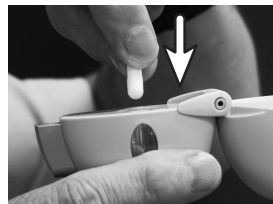
3. Open mouthpiece.



4. Peel foil.



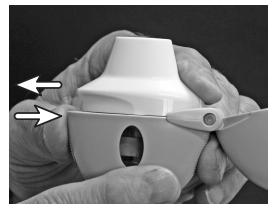
5. Remove capsule from package.



6. Drop capsule into the chamber.



7. Close mouthpiece. You will hear a click.



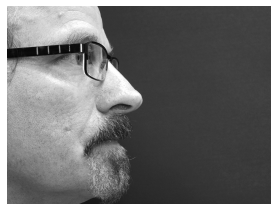
8. Push button once and let go.



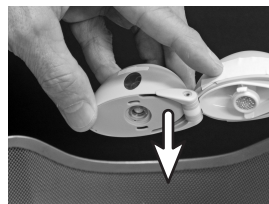
9. Breathe out away from the Handihaler[®], to the end of a normal breath.



10. Put the Handihaler[®] between your teeth and seal your lips around it. Breathe in fast until your lungs are full. You will hear a rattling noise.



11. Take the Handihaler[®] out of your mouth. Hold your breath for 10 seconds if you can. Breathe out. Repeat steps 9 to 11.



12. Open the mouthpiece. Drop capsule into garbage. Do not touch.



13. Close mouthpiece and cover.



14. Wash your hands.