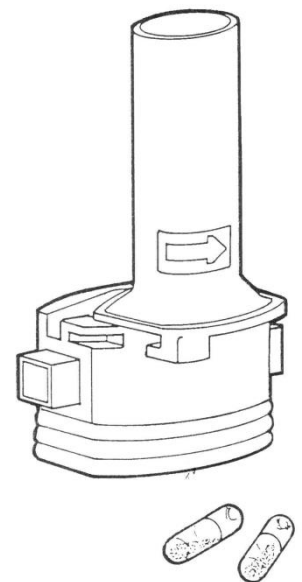


How to use the Aerolizer

1. Remove cap. Hold base firmly and turn the mouthpiece in the direction of the arrow (anti-clockwise)
2. With DRY hands, remove one capsule from the blister strip and place it flat into the capsule chamber. Close the capsule chamber by twisting mouthpiece clockwise until a click is heard
3. Hold inhaler upright, squeeze two blue buttons inwards on base of inhaler to pierce the capsule, then release
4. Breathe out gently
5. Hold mouthpiece at right angles to the mouth and place between the teeth. Close lips around the mouthpiece and breathe in quickly and deeply through the inhaler. You will hear a whirring noise as the capsule spins in the chamber
6. Remove the inhaler from the mouth and hold breath for 10 seconds
7. Breathe out slowly through the nose away from the inhaler
8. Open the capsule chamber to see if any powder is left in the capsule. If there is, repeat steps 4-7
9. When the capsule is empty, discard capsule from chamber. Close the capsule chamber and replace the cap



Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity