

# How to use a Genuair

1. Remove the cap by lightly squeezing the arrows on each side and pulling outwards.
2. Hold inhaler HORIZONTALLY with mouthpiece towards you and coloured dosage button facing UP
3. Press the coloured dosage button fully, and then release it. Check the control window has gone from red to GREEN
4. Breathe out gently away from the mouthpiece
5. Put mouthpiece in mouth between the teeth and close lips around it. Do NOT touch the coloured dosage button
6. Breathe in strongly and deeply through the mouthpiece (you will hear a click), continue to breathe in.
7. Remove inhaler from your mouth and hold breath for 10 seconds
8. Breathe out slowly through the nose
9. Check the coloured control window has changed from green to RED to confirm the dose has been inhaled. Replace the cap.



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