



## How to Use Your Handihaler

1. Pull up the lid and the mouthpiece.



2. Take one capsule from the pack and drop it in the opening in the base.

3. Close the mouthpiece until you hear a “CLICK”.



4. Push the green button in one time only as far as it will go and release.

5. Tilt your head back slightly and sit up straight.



6. Blow out away from the device.

7. Seal your lips around the mouthpiece and breathe in slowly and deeply. You will hear a spinning noise.

8. Hold your breath for up to 10 seconds.

9. Repeat steps 6 to 8 to empty the capsule completely.



10. Empty the capsule over the garbage.

**Do NOT Touch it!**

11. Close the mouthpiece and lid.

12. Wash your hands after use.



13. The device needs to be cleaned once a month or as needed.

- Pull up the lid and the mouthpiece.
- Lift up the piercing button to open the base.
- Rinse the device with warm water. Do not use soap.
- Dry the device completely by leaving open to air dry.

14. Store in a cool, dry place. Keep capsules in the foil package.