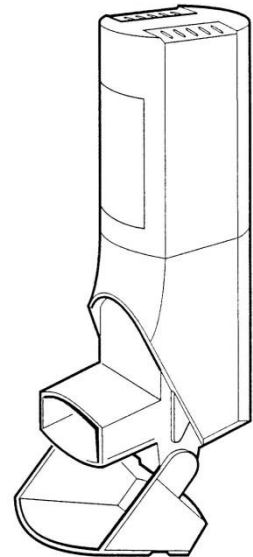


# How to use the Easi-breathe

1. Hold inhaler upright. Open the cap,
2. Breathe out gently
3. Put mouthpiece in mouth between the teeth and close lips around the mouthpiece. Ensure that air vents are not blocked by hand
4. Breathe in slowly and deeply through mouthpiece. Do NOT stop breathing in when the inhaler puffs,
5. Hold breath for 10 seconds, or as long as is comfortable.
6. If a second dose is required wait 30-60 seconds before repeating the process



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