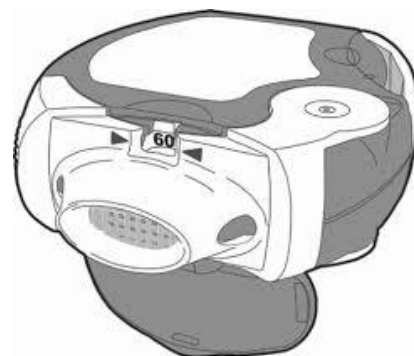


How to use a Forspiro

1. Open the transparent side chamber door and carefully tear away the foil strip. Close the side chamber door and dispose of the used strip.
2. Open the protective cap downwards. Check the dose counter to establish the number of remaining doses
3. Move the white lever fully over as far as it will go until it clicks
4. Hold inhaler level with the protective cap pointing downwards (Do NOT shake inhaler)
5. Breathe out gently
6. Hold mouthpiece at right angles to the mouth and place between teeth. Close lips around the mouthpiece
7. Breathe in rapidly and deeply through the inhaler (not the nose)
8. Remove the inhaler from the mouth and hold breath for 10 seconds
9. Breathe out slowly.
10. Close the protective cap over the mouthpiece



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