



- 2. Press the coloured dosage button completely, you will hear a loud double click and the control window will change from red to GREEN.
- 3. Breathe out gently
- 4. Put mouthpiece in mouth between the teeth and close lips around the mouthpiece.
- 5. Inhale the powder through the inhaler with a deep breath. You will hear a loud click indicating correct inhalation.
- 6. Remove the inhaler from the mouth and hold breath for 10 seconds, or as long as is comfortable.
- 7. Breathe out slowly away from the inhaler. The indicator window will have changed back to RED indicating correct inhalation.
- 8. Replace the cap and store in a dry place.

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