

How to use a Spiromax Dry Powder Device

1. Hold inhaler with mouthpiece at bottom (Do NOT shake inhaler)
2. Open the mouthpiece cover by folding it down. You will hear a click
3. Breathe out gently as far as is comfortable, away from the mouthpiece
4. Put mouthpiece in mouth between the teeth and close lips around the mouthpiece. Breathe in deeply and forcefully through the inhaler. Do NOT block air vents
5. Remove the inhaler from the mouth and hold breath for 10 seconds
6. Breathe out slowly away from the inhaler
7. Close the cap over the mouthpiece.



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