

COPD: Using Your HandiHaler

Your doctor may prescribe a powdered medication that you inhale using a HandiHaler.

It's very important that you use your HandiHaler correctly to make sure that you get the right amount of medication. If you don't, you could end up with more in your mouth than in your lungs.

A HandiHaler consists of several parts: a canister which contains the cap, the mouthpiece, the base, the piercing button, and the medication chamber.

Let's review each step. Open the cap of the HandiHaler.

Open the mouthpiece to show the medication chamber.

Take a medication capsule out of the pack and put it into the medication chamber. Do not swallow it.

Close the cap. Make sure you hear a click. Press the piercing button fully in, all the way to the base.

Take a breath out away from the HandiHaler. If you breathe on the HandiHaler the powder medication may come out.

Bring the HandiHaler to your mouth and close your lips around the mouthpiece.

Take a deep breath in. You should hear the medication capsule rattle inside of the HandiHaler. Your goal is to hold your breath for ten seconds.

Move the HandiHaler away from your mouth. Breathe out.

Open the cap again, take out the used medication capsule and throw it away. Close the HandiHaler.

If you are prescribed more than one dose, repeat these steps.

Remember to rinse your mouth, and spit the water out, after using a HandiHaler,

This removes any powder that has settled on your tongue or in your mouth and will help prevent a yeast infection in your mouth called thrush.

When you finish using your HandiHaler make sure to store it in a cool dry place, away from moisture.

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Follow your healthcare provider's direction on how many times a day to use your HandiHaler.

Remember when using your HandiHaler to...

Open the mouthpiece.

Take the medication capsule out of pack and put it into the medication chamber.

Close the cap.

Press the piercing button.

Breathe out fully away from the HandiHaler.

Bring the HandiHaler to your mouth and take a deep breath in.

Hold your breath for ten seconds.

Move the HandiHaler away from your mouth and exhale.

Open the cap and throw away the medication capsule.

If you have any questions about your HandiHaler, or feel that you may be experiencing side effects, talk with your healthcare provider.