

How to Use a HandiHaler

When you have asthma your healthcare provider may prescribe a HandiHaler to help you manage your condition.

A HandiHaler delivers powdered medication into your lungs.

Let's try it now.

Step 1. Open the cap of the HandiHaler.

Step 2. 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.

Step 3. Close the cap. Make sure you hear a click.

Step 4. Press the piercing button fully in, all the way to the base. And take a breath out away from the HandiHaler.

Step 5. Bring the HandiHaler to your mouth and close your lips around the mouthpiece.

Take a slow deep breath in. You should hear the medication capsule rattle inside of the HandiHaler.

Your goal is to hold your breath for ten seconds.

Step 6. Move the HandiHaler away from your mouth and breathe out.

Step 7. Open the cap again, take out the used medication capsule and throw it away, then close the HandiHaler.

Let's review.

Open the cap.

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

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.

Bring the HandiHaler to your mouth and close your lips around the mouthpiece. Take a slow deep breath in.

Move the HandiHaler away from your mouth and breathe out.

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

Using your HandiHaler correctly will help you get the medication you need into your lungs in order to manage your asthma.

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If you have questions about your HandiHaler, ask your healthcare provider at your next appointment.

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