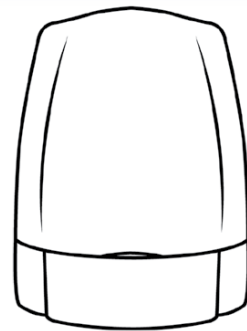


Dry Powder Inhalers: Breezhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a Breezhaler

1. Remove the cap from the Breezhaler device.
2. Rotate to open the mouthpiece.
3. Remove one capsule from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges, so as not to damage the capsule).
4. Close the mouthpiece until you hear a ‘click’.
5. Press side buttons to pierce the capsule once and release. (Do not shake).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Place the mouthpiece between your teeth without biting and close your lips to form a good seal.
8. Breathe in quickly and steadily, so you can hear the capsule vibrate. Hold your breath for 5 seconds or as long as you are comfortable.
9. Take a second breath from the same capsule to get the full dose. You do not need to pierce the capsule again.
10. While holding your breath, remove the inhaler from your mouth.
11. Breathe out slowly and gently, away from the inhaler.
12. Open the mouthpiece to remove the used capsule and discard.
13. Close the mouthpiece and cap.

Caring for your Breezhaler

1. Wipe the mouthpiece with a clean, dry tissue when needed.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Breezhaler

Each new pack contains the capsules for inhalation plus one Breezhaler. When your capsules are starting to run low, organise a repeat or new prescription.

For a useful ‘How to use’ video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).