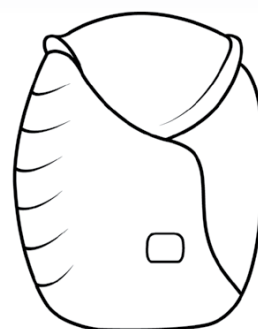


# Dry Powder Inhalers: Ellipta

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.



## Note:

- Do not open or close the mouthpiece cover unless you are about to use your inhaler; if the mouthpiece is closed, the dose is lost.

## How to use an Ellipta inhaler

1. Check dose counter window. If window is red, it is time to get a new Ellipta inhaler.
2. Slide the cover down to expose the mouthpiece until you hear a ‘click’.
3. Hold the inhaler away from your mouth and breathe out fully.
4. Put the mouthpiece firmly between your lips.
5. Take one long steady breath in through your mouth. Hold your breath for about 5 seconds or as long as you are comfortable.
6. While holding your breath, remove the inhaler from your mouth.
7. Breathe out slowly and gently, away from the inhaler. Slide the cover up and over the mouthpiece as far as it will go, to close inhaler.

## Caring for your Ellipta inhaler

1. Wipe the mouthpiece with a clean, dry tissue.
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 Ellipta inhaler

There is a dose counter window on the front of the Ellipta inhaler. When the window turns red, it is time to get a new Ellipta inhaler.

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