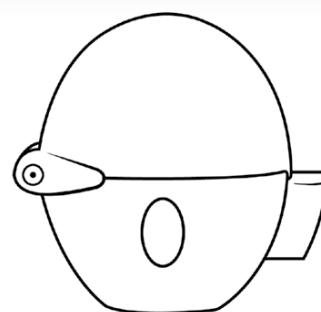


Dry Powder Inhalers: HandiHaler

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 HandiHaler

1. Open the cap of the HandiHaler device.
2. Open the mouthpiece.
3. Remove the capsule for inhalation from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges; do not ‘pop’ the capsule through the foil wrapping as this will damage the capsule).
4. Close the mouthpiece until you hear a ‘click’.
5. Press the green piercing button on the side of the HandiHaler in 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 slowly and deeply, 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 HandiHaler

1. Clean the HandiHaler once a month.
2. Open the dust cap and mouthpiece. Then open the base by lifting the piercing button. Rinse the complete inhaler with warm water to remove any powder. Dry the HandiHaler thoroughly by tipping excess of water out on a paper towel and air-dry afterwards, leaving the dust cap, mouthpiece and base open.
3. It takes 24 hours to air dry, so clean it immediately after use so that it will be ready for your next dose.
4. The outside of the mouthpiece may be cleaned with a moist but not wet tissue if needed.

When to get a new HandiHaler

After first use, you can use your HandiHaler for up to one year to take your medication

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