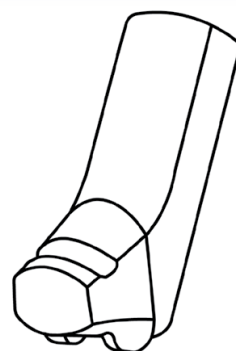


Dry Powder Inhalers: Spiromax

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

- This inhaler looks similar to a metered-dose inhaler (MDI), however it is dry powder inhaler and the usage steps are different.
- 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 a Spiromax inhaler

1. Check dose counter window. If numbers are red, it is time to get a new Spiromax inhaler.
2. Hold the inhaler upright, with the red mouthpiece cover at the bottom. You do not need to shake your inhaler.
3. Fold down the mouthpiece cover until you hear a loud ‘click’. This indicates the dose is measured and ready to use.
4. Hold the inhaler away from your mouth and breathe out fully.
5. Place the mouthpiece between your teeth without biting and close your lips to form a good seal. Do not cover the air vents.
6. Breathe in through your mouth deeply and forcefully. Hold your breath for 5 seconds or as long as comfortable.

7. While holding your breath, remove the inhaler from your mouth.
8. Breathe out slowly and gently, away from the inhaler and close the mouthpiece cover.
9. If more than one dose is required, repeat steps 1 to 8 above.

Caring for your Spiromax inhaler

1. Keep your Spiromax inhaler dry and clean.
2. If necessary, you may wipe the mouthpiece of your Spiromax inhaler after use with a dry cloth or tissue.

When to get a new Spiromax inhaler

The dose indicator, on the rear of the device, shows the number of doses remaining in even numbers only. When the numbers become red in the window, it is time to get a new inhaler.

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