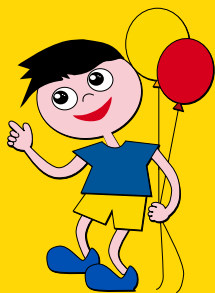


# I CAN!

The Children's Asthma and Allergy Network  
@ the Children's Medical Institute



AUTOHALER

## How to use the AUTOHALER

- 1 Remove the protective mouthpiece cover
- 2 Hold the inhaler upright and push the lever upright till it clicks
- 3 Shake the inhaler
- 4 Breathe out gently. Keep the inhaler upright and put the mouthpiece in the mouth and close lips round it. (The air holes must not be blocked by the hand)
- 5 Breathe in steadily through the mouth. **Don't** stop breathing when the inhaler 'clicks'
- 6 Hold the breath for about 10 seconds and then breathe out gently
- 7 Wait several seconds before repeating steps 2-6 for a second dose
- 8 NB. The lever must be pushed up ['on'] before each dose, and punched down again ['off'] afterwards, otherwise it will not operate
- 9 Replace mouthpiece cover when completed



Always ask your doctor or nurse for a demonstration