



## How do I use my Breezhaler<sup>®</sup>?

1. Pull cap off.
2. Hold base of inhaler and tilt mouthpiece to open inhaler. Place capsule in centre chamber. Close inhaler until you hear a “click”.
3. Hold Breezhaler<sup>®</sup> upright and press both buttons ONCE and release.
4. Breathe out fully away from the mouthpiece
5. Place mouthpiece between lips and breathe in **rapidly** but **steadily** (whirring sound should be heard). Remove Breezhaler from mouth. Hold breath for 5-10 seconds. Breathe out.
6. Open to see clear capsule. If not all clear, repeat steps 4-5.
7. Discard empty capsule. Close Breezhaler<sup>®</sup>. Wash hands.

## Care of my Breezhaler<sup>®</sup>

1. Wipe the mouthpiece with a dry cloth or tissue.
2. Never wash the Breezhaler<sup>®</sup>.



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)