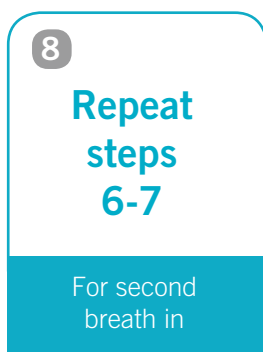
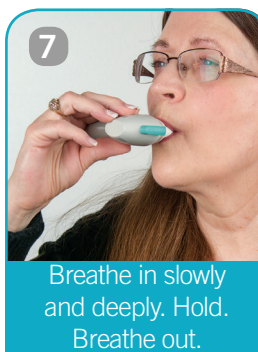
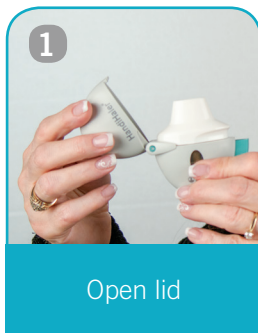


# Handihaler®



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

## How do I use my HandiHaler®?

Fold and separate the two blister strips. Tear down the middle. Peel back foil on flat side, exposing only one capsule. Flip the blister strip over and let the capsule drop out. Remember: the capsules are sensitive to light and moisture.

1. Open lid by pulling upwards.
2. Open mouthpiece by pulling upwards.
3. Place one capsule in the capsule chamber right before use.
4. Close the mouthpiece firmly until you hear a click, leaving the lid open.
5. Hold the HandiHaler® with the mouthpiece upright and press the piercing button ONCE and release.
6. Breathe out away from the mouthpiece.
7. Close lips around mouthpiece. Breathe in **slowly** and **deeply** until lungs are full. Remove the HandiHaler® from your mouth while still holding your breath for a count of up to 10.
8. Repeat steps 6-7 for a second breath in.
9. Open the mouthpiece and tip the used capsule into the garbage. Close the mouthpiece and lid.
10. Wash Hands.

## Care of a HandiHaler®

The HandiHaler needs to be cleaned once a month or as needed.

1. Open the lid and lift up the mouthpiece. Then lift up the piercing button to open the base.
2. Rinse the HandiHaler® with warm water to remove any powder. Do not use soap.
3. Dry the HandiHaler® completely by leaving the lid, mouthpiece & base open to air-dry.