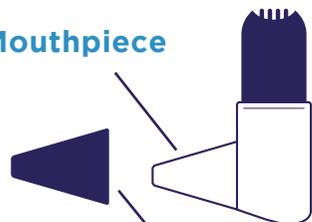


# INSTRUCTIONS FOR USING YOUR EASYHALER®

For further information on how to use and store Easyhaler® please see the package leaflet.

## HOW TO GET STARTED?

Mouthpiece



Dustcap

- ▶ Each new Easyhaler® device comes in a foil pouch to keep the powder dry.
- ▶ Do not open the pouch until you are ready to start using your Easyhaler® inhaler.
- ▶ The Easyhaler® device has a mouthpiece with a removable dustcap.
- ▶ Make sure the dustcap covers the mouthpiece of your Easyhaler® device when you are not using it. This will prevent the accidental release of any medication.

## EASYHALER® INSTRUCTION VIDEO



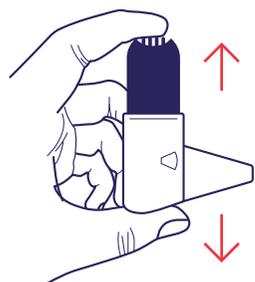
SCAN ME

Scan the QR code on this page to watch the how to use Easyhaler® video.

You can also find QR codes on the side of your Easyhaler® device label, on the package carton and on the package leaflet.

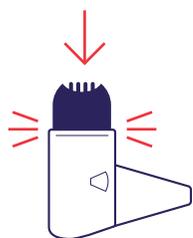
Alternatively, visit [www.oeh.fi/uk](http://www.oeh.fi/uk) to view this content.

## HOW TO TAKE A DOSE FROM YOUR EASYHALER®?



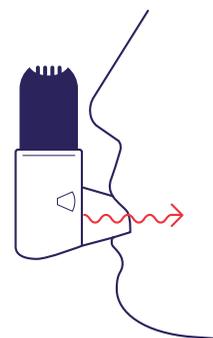
### 1. SHAKE

- ▶ Remove the dustcap.
- ▶ Place the inhaler between your forefinger and thumb.
- ▶ **Shake the inhaler** in an upright position 3–5 times.



### 2. CLICK

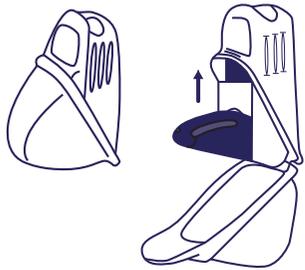
- ▶ **Press down** until you hear a click.
- ▶ Then let it back to its original position.



### 3. INHALE

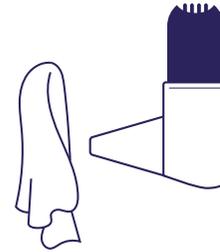
- ▶ Breathe out normally away from the device.
- ▶ Place the mouthpiece of the inhaler into your mouth, closing your lips tightly around the mouthpiece.
- ▶ **Take a strong and deep breath in.**
- ▶ Take the inhaler out of your mouth and hold your breath for at least 5 seconds.
- ▶ Breathe out normally.
- ▶ If your prescription requires you to take more than one dose, repeat steps 1 to 3 each time you use your inhaler. Once you are finished, replace the dust cap on the mouthpiece.
- ▶ If your Easyhaler® device contains an inhaled corticosteroid (preventer) ensure you rinse your mouth and throat with water and spit out. Do not swallow. This will help to reduce the risk of oral fungal infection (thrush).

## PROTECTIVE COVER



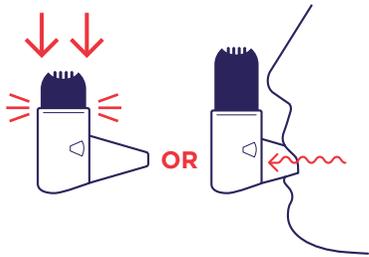
- ▶ A protective cover is optional. Open the protective cover and insert the inhaler into it.
- ▶ When using a protective cover, open the cover and follow with steps: **1. Shake, 2. Click and 3. Inhale**
- ▶ Replace the dustcap and then close the cover on the protective cover.

## CLEANING



- ▶ Clean the mouthpiece with a clean dry cloth or tissue.
- ▶ Do not use water or other liquids to clean your Easyhaler®. The powder inside your inhaler can be sensitive to moisture.
- ▶ If you are using a protective cover, you do not need to remove the inhaler to clean the mouthpiece.

## WHAT TO DO WHEN...

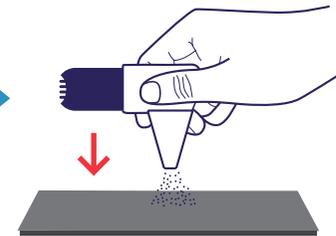


### YOU CLICKED MORE THAN ONCE?

- ▶ Did you click the inhaler by accident? It is important to click only once to ensure proper dosing.

### YOU EXHALED INTO THE INHALER?

- ▶ Did you breathe **INTO** the inhaler? It is important that you do not breathe into the inhaler mouthpiece as this may clog up the inhaler.

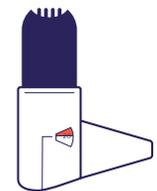


### SOLUTION

#### EMPTY THE MOUTHPIECE!

- ▶ Tap the mouthpiece to empty the powder onto a table top or the palm of your hand.
- ▶ Then start again with steps: **1. Shake, 2. Click and 3. Inhale.**

## GETTING A NEW EASYHALER



### DOSE COUNTER

- ▶ The inhaler has a dose counter on the side. This shows how many doses are left in your device.
- ▶ The counter turns after every 5th dose and the number displayed decreases in units of 10.
- ▶ When the dose counter turns red, there are 20 doses left. Contact your doctor for a new prescription if you do not already have a new inhaler.
- ▶ **When the counter reaches 0, you need to replace the inhaler.**
- ▶ If using a protective cover, please keep this to use with your next inhaler.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects, you can help provide more information on the safety of the medicine.



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Orion Pharma (UK) Ltd  
The Blade, Abbey Square Reading, Berks, RG1 3BE