



Easyhaler



1. Hold the Easyhaler upright, with your thumb on the base and a finger on the coloured button on the top. Remove the mouthpiece cover from the inhaler.
2. Continue to hold the inhaler as above and shake. Press down firmly on the coloured button on the top (once only, then release).
3. Breathe out gently as far as is comfortable.
4. Put the mouthpiece in your mouth and close your lips around it.
5. Breathe in as quickly and deeply as possible.
6. Remove the Easyhaler from your mouth and hold your breath for up to 10 seconds or as long as possible, then breathe out slowly.
7. For a second dose, repeat steps 1-6. Replace mouthpiece cover after use.