

# How to use a Accuhaler metered dry-powder inhaler



## 1/Opening

Open your Accuhaler using the thumb grip. Push it to the other end until you hear a click.



Film



## 2/Taking the medicine

Hold the Accuhaler vertically, load the dose by sliding the lever to the other end until you hear a click.



## 3/Exhaling

Breathe out gently, keep away from the mouthpiece.



## 4/Inhaling

Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.

Breathe in through your mouth as forcefully and deeply as you can.

Hold your breath for at least 5-10 seconds then breathe out normally .



## 5/Closing

Close the cover by sliding the thumb grip to the other end and click shut.

Please rinse your mouth after use and spit out the water.