

# How to use a Breezhaler®



Interior Health  
Every person matters

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Usage

- The capsules come in a foil package.
- Only remove **ONE** capsule from the package just before you put it into the Breezhaler®.
- Make sure your hands are dry.
- **DO NOT SWALLOW THE CAPSULE.**

## Cleaning

- Wipe the mouthpiece with a clean, dry, cloth or tissue after you take your dose.

## Storage

- Keep the package in a dry place at room temperature.
- Keep away from direct sunlight or heat.
- Do not store in the bathroom.

## When to get a new Breezhaler® and capsules

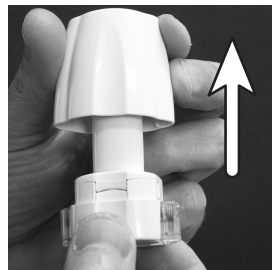
- A new Breezhaler® will come with every prescription of medicine.
- Prescriptions will last for 30 days. Samples from the doctor are different so be sure to check how many doses you have.
- Check the expiry date on the package of capsules.
- Start using a new prescription of capsules when the old one is finished or expired.

*This document is for informational purposes only. For detailed instructions on use of the Breezhaler® and information about your medication please see the package insert or ask your pharmacist.*

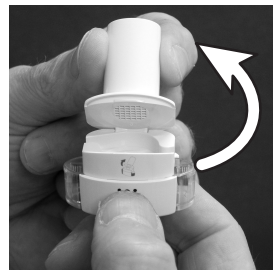
*more information on other side →*

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Hearing Impaired	Call 7-1-1		

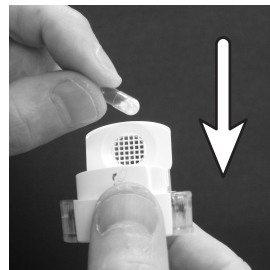
## How to use a Breezhaler<sup>®</sup> (continued)



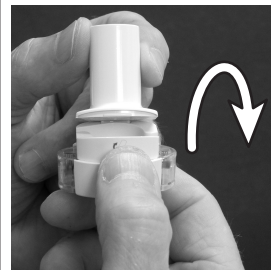
**1. Take cap off.**



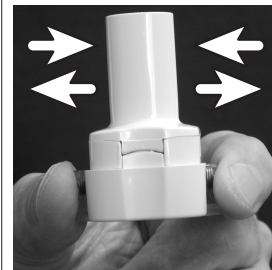
**2. Open.**



**3. Drop capsule into chamber.**



**4. Close.**



**5. Push both buttons at the same time and let go.**



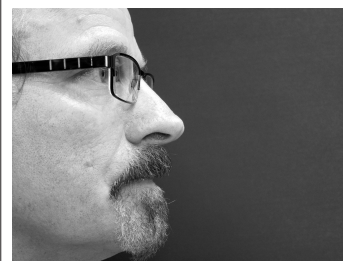
**6. Breathe out,** away from the Breezhaler<sup>®</sup>, to the end of a normal breath.



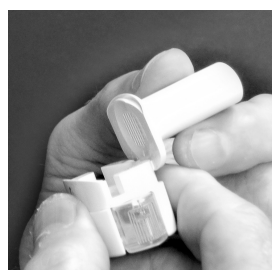
**7. Put the Breezhaler<sup>®</sup>** between your teeth and seal your lips around it.



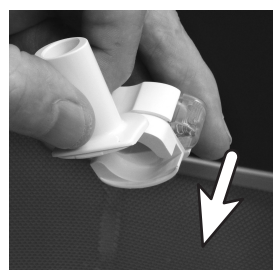
**8. Breathe in fast** until your lungs are full. You will hear a “whirring” noise. If you **don’t** hear the whirring noise, tap the inhaler on the bottom and repeat steps 6 to 8.



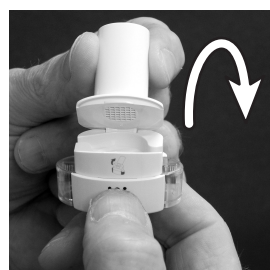
**9. Remove the Breezhaler<sup>®</sup>** and **hold your breath** for **10 seconds**, if you can. **Breathe out.**



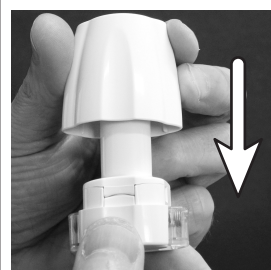
**10. Open** the mouthpiece and **check the capsule**. If the capsule is **not empty**, repeat steps 6 to 9.



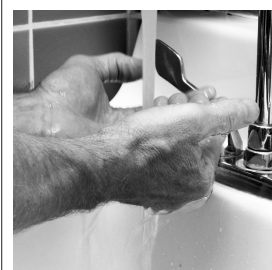
**11. Drop capsule** into garbage.



**12. Close.**



**13. Put the cap on.**



**14. Wash** your hands.