

# How To Use Your Breezhaler Device

containing the following medication: \_\_\_\_\_

**Breezhaler device**  
(exact colour will vary)



**Capsule**, protective back peeled away,  
see step 3 (exact colour will vary)



## Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

## How using this inhaler will help me:

By taking my \_\_\_\_\_ I will:

- Reduce my chances of a COPD flare-up.
- Improve the symptoms that I have such as: \_\_\_\_\_

## How many puffs do I need to take and how often:

My dosing regimen is: \_\_\_\_\_ puffs \_\_\_\_\_ Date: \_\_\_\_\_

**See over for step by step instructions.**

If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.  
You can also watch videos at [www.lung.ca](http://www.lung.ca)

# Inhaler Administration Steps

## Prepare the device

1. Pull off the cap.
2. Open the inhaler. Hold the base of the inhaler firmly and tilt the mouthpiece to open the inhaler.
3. Separate one of the blisters from the blister card. Peel away the protective back to expose the capsule. Do not push the capsule through the foil.
4. Remove one capsule from the blister.
5. Insert the capsule into the capsule chamber.
6. Close the inhaler. You should hear a “click”.

## Get ready to inhale

7. Pierce the capsule by holding the inhaler upright and press both buttons together at the same time.
8. Release the buttons fully.
9. Breathe out (away from the inhaler).
10. Place the mouthpiece in your mouth, between your teeth and close your lips firmly around it.
11. Breathe in rapidly but steadily as deeply as you can. You should hear a whirring noise (capsule is rattling).
12. Hold breath for at least 5 to 10 seconds.
13. Check the inhaler to see if any powder is left in the capsule. If any left repeat inhalation, but don't pierce the capsule again because if you do tiny pieces of the capsule could break off and be inhaled into your lungs.
14. If the capsule is empty, throw away in the garbage and close inhaler. Wash your hands.

Richmond Hospital Preventable ADE Program,  
Funded by the Vancouver Coastal Health Research Institute  
and the Richmond Hospital Foundation August 2018



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The information in this document is intended solely for the person  
to whom it was given by the health care team.

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