



How to Use a Metered Dose Inhaler

Autohaler®

Before Using a New Autohaler:

1. Remove mouthpiece cover by pulling down the lip on the back of the cover.
2. Point the mouthpiece away from yourself and other people so that the priming sprays will go into the air. Push the lever up so that it stays up.
3. Locate the white test fire slide on the bottom of the Autohaler. **Push** the white test fire slide on the bottom of the mouthpiece in the direction indicated by the arrow. The medicine will spray into the air.
4. To release the second priming spray: Return the lever to its down position. Repeat steps 2 and 3.
5. Return the lever to its down position. You are now ready to take your medicine.

Breathing in the medicine:

1. Hold the Autohaler upright and shake gently several times to mix the medicine.
2. Continue to hold the Autohaler upright. Push the lever up so that it stays up. Do not block the air vents at the bottom of the Autohaler. Gently breathe out as much air as you can.
3. Seal your lips tightly around mouthpiece. Breathe in deep and steady through your mouth.
4. You will hear a “click” and feel a soft puff when you breathe in, which will trigger the release of medicine.
5. Do not stop breathing in when you hear and feel the puff. Continue to take a full, deep breath.
6. Take the Autohaler away from your mouth. Hold your breath for 5 to 10 seconds—or for as long as you comfortably can, with your mouth closed. Then resume normal breathing.
7. Continue to hold Autohaler upright and lower the lever.
8. If your healthcare provider has prescribed a second dose, wait 1 minute and then repeat steps 1 through 7.
9. After you have finished taking a treatment lower the lever and replace mouthpiece cover.

If you have not used your Autohaler in the last 48 hours, follow the priming steps listed in “Before Using a New Autohaler”