How to Use Aerolizer

Patient Education Guide

How To
Use Inhalers
Fun & Interactive Learning

Learn with - An Interactive training - Engaging animations - Your web cam
Good Inhaler Technique -Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

www.use-inhalers.com

- For cleaning refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.

Step1: Remove the Aerolizer cover.

Step2: Hold the base of the Aerolizer firmly. Rotate the mouthpiece in the direction of the arrow to open it.

Step3: Insert the capsule in the base chamber of the Aerolizer.

Step4: Rotate the inhaler's mouthpiece to close it.

Step5: Press both the buttons once. You'll hear a click. Doing so, makes holes in the capsule and easily releases the medicine, when you are breathing in.

Step6: Keep your head upright. Hold the inhaler's mouthpiece horizontally. The buttons should be on the left and right side of the mouthpiece.

Step7: Exhale away from the inhaler.

Step8: Keep the mouthpiece in your mouth and take a quick and deep breath. When you do this, you'll hear the capsule vibrate.

Step9: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.

Step10: Take another breath in through the mouthpiece. This ensures that you get your complete dose of medicine.

Step11: Open the inhaler's mouthpiece, remove the used capsule, and throw it away. Do not keep capsules in the inhaler.

Step12: Close the mouthpiece and replace the cover.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.