

How to use an Autohaler

This device is breath activated. Always keep your chin up and the medication mouth piece pointed straight into the mouth and not pointed to the top or bottom of the mouth (see photo 5). Keep breathing in when you hear the click sound.

You must always leave the Autohaler cap on when you aren't using it as this will help stop the asthma medication from getting wet. You must never breathe into the Autohaler as your moist exhaled air will also wet the asthma medication. The medication will not work if it is wet. Shake before each medication release and keep your child's hands away from the air entry holes in the Autohaler.

1. Remove mouthpiece cover. Check Autohaler in check dial and expiry date.



2. Shake the Autohaler for at least 3 seconds. Whilst keeping the Autohaler upright, push the lever up. It will stay in position.



3. Breathe out gently away from the Autohaler.

4. Tell your child to bite on the mouthpiece and close their lips tightly around the mouthpiece. Ensure their tongue is under the cannister and their teeth don't get in the way.



5. Ask them to breathe in with a slow, deep, steady breath. You will hear a 'click and woosh' sound as the medication is released. Ask them to continue to breathe in until they have taken a full breath. Note: Ensure the fingers are away from the air entry holes at the bottom.

6. Take the Autohaler out of the mouth and ask them to hold their breath for 5-10 seconds before breathing out gently away from the mouthpiece.



7. Push lever down on the Autohaler.
8. If a second dose is needed, repeat steps 2-8. If not, wipe mouthpiece with a tissue.

IMPORTANT NOTE: Do not store asthma medication in hot areas such as car gloveboxes. This will affect the medication.

For more information

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