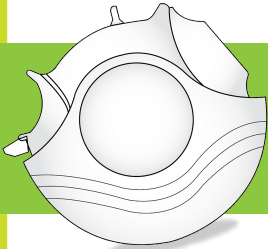
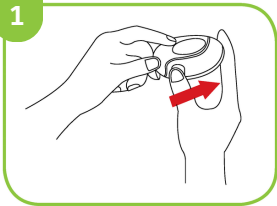


Singapore National Asthma Programme (SNAP)



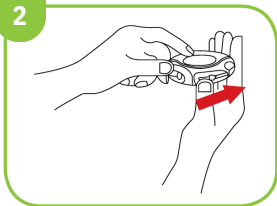
HOW TO USE THE **ACCUHALER**

1



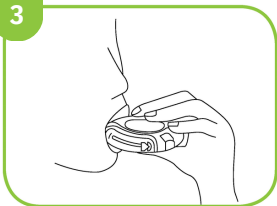
- Open the Accuhaler by pushing the thumbgrip away until a 'click' is heard.

2



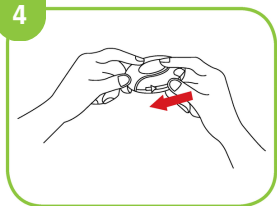
- Hold the Accuhaler with the mouthpiece towards you; slide the lever away until it clicks. This makes the dose available for inhalation and move the dose counter.

3



- Holding the Accuhaler breathe out gently away from the device. Place mouthpiece in your mouth and breathe in steadily and deeply.
- Remove the Accuhaler from your mouth and hold your breath for about 10 seconds. After that, breathe out slowly.

4



- To close, slide the thumbgrip back towards you as far as it will go until it clicks.
- For another dose, repeat steps 1-4 after one minute.

IMPORTANT TO NOTE:

- The dose counter counts from 60 to 0.
- The last 5 numbers are red. Please contact your doctor to obtain a new Accuhaler when you see the red numbers.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

For videos on inhaler technique by language,
please scan the QR codes below:



English



Mandarin
华语



Malay
Bahasa Melayu



Tamil
தமிழ்



CONTROL ASTHMA. ENJOY LIFE.

The Singapore National Asthma Programme (SNAP)
was set up by the Ministry of Health in 2001 to
reduce the burden of asthma in Singapore.

This technique card is produced by SNAP to provide
instructions on correct inhaler use.