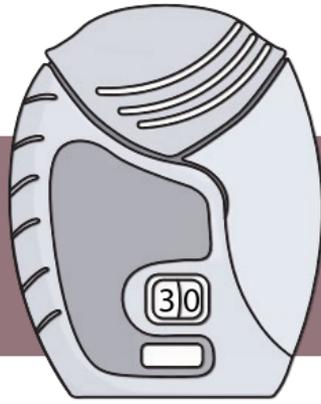


HOW TO USE THE ELLIPTA



1



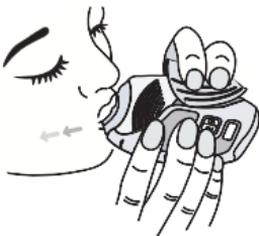
- Slide down the cover until you hear a loud click. The inhaler is now loaded with 1 dose of medicine and ready for use. **DO NOT** shake the inhaler.

2



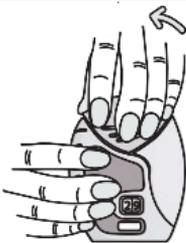
- Breathe out gently away from the inhaler. Do not block the air vent.

3



- Breathe out gently away from the inhaler. Seal your lips around the mouthpiece and breathe in steadily and deeply.
- Remove the inhaler and hold your breath for 10 seconds or as long as possible. Breathe out away from the inhaler.

4



- For another dose, repeat steps 1-3 after one minute.
- Clean the mouthpiece with a dry tissue after use. Slide the cover closed.
- Rinse your mouth with water after each dose. Do not swallow.

IMPORTANT TO NOTE:

- Do not exhale or breath out into the device.
- Your inhaler contains 30 doses. Check the counter before use.
- Do not open and close the cover without inhaling the medication as you will lose the dose.
- Check the dose counter and change the inhaler once the dose counter indicates zero doses.
- Please check your inhaler packaging for the specific expiry date.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

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



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.

Disclaimer: The information provided is for general guidance only and does not replace personalised advice from your healthcare professional. Please consult your healthcare professional for more information specific to your condition.