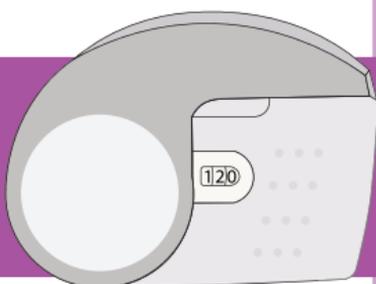


# HOW TO USE THE NEXTHALER



1



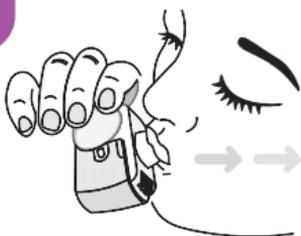
- Slide down the cover until you hear a loud click. The inhaler is now loaded with 1 dose of medicine and ready for use. **Do not** shake the inhaler.

2



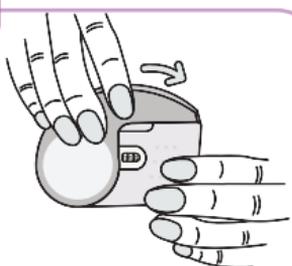
- Breathe out as much as you can away from the device.

3



- Seal your lips around the mouthpiece. **Do not** block the air vent. Breathe in steadily and deeply. You should hear a click.
- Remove the inhaler and hold your breath for 10 seconds or as long as possible. Breathe out away from the device.

4



- If a second dose is needed, close the cover and repeat steps 1-3 about one minute after the first dose.
- Clean the mouthpiece with a dry tissue after use. Slide close the cover.
- Rinse your mouth and spit out.

## IMPORTANT TO NOTE:

- Do not exhale into the device.
- Check counter before use. Replace inhaler when dose counter shows '0'.
- Dose counter decreases by one only after successful inhalation when cover closes.
- Opening/closing cover without inhaling returns dose to reservoir —accidental extra or double dosing in one inhalation is impossible.
- 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.