

HOW TO USE THE SPIROMAX

1



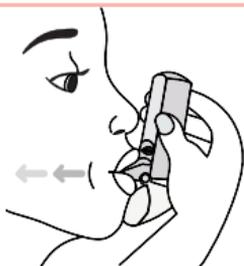
- Hold the inhaler upright.
Do not shake the inhaler.

2



- Fold the cover downwards until you hear a loud click. The inhaler is now loaded with 1 dose of the medicine and ready for use.

3



- Breathe out gently away from the inhaler. Do not block the air vent.
- 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. Close the cover.
- Rinse your mouth with water after each dose. Do not swallow.

IMPORTANT TO NOTE:

- Do not exhale or breath out into the device.
- Can be used up to 3 months after removing the aluminium wrapper.
- The dose counter starts at 120 when full, and displays even numbers only. The numbers turn red from 20 doses down to 2. Please contact your doctor to obtain a new inhaler when you see the red numbers.
- Opening and closing without inhaling wastes a dose, but it's stored securely for next use. Do not take double doses in one inhalation.

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.