

EVOHALER

INSTRUCTIONS

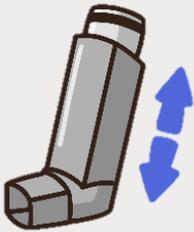
1



Remove the mouthpiece

Hold the inhaler **upright**, remove the mouthpiece cover.

2



Shake the inhaler

Shake the inhaler 4-5 times.

(Test your evohaler by pointing the mouthpiece away from you and release two puffs in the air for the first time using, or you have not used it for 5 days or more)

Breathe out as far as is comfortable.
(Do not breathe into your evohaler)

3



Breathe in through your mouth

Close your lips firmly around the mouthpiece, do not bite. Move your chin up; **breathe in through your mouth steadily and deeply**. Just after starting to breathe in, **press firmly down on the top of the canister to release a puff of medicine**.

4



Take the evohaler from your mouth

Take the evohaler from your mouth.

Hold your breath for 10 seconds, or as long as is comfortable. If another dose is required, wait 1-2 minutes and then repeat steps 2-4.

Additional instruction:

- Afterwards, always use a tissue or cloth to clean your evohaler and replace the mouthpiece cover to keep out dust.
- After use, rinse your mouth with water and spit it out. This can help prevent thrush and hoarseness caused by steroid inhaler.
- If both bronchodilator and steroid inhalers are prescribed, use bronchodilator first then wait 5 minutes before using steroid inhaler.

References:

•The electronic Medicines Compendium (eMC). Ventolin® Evohaler®: Information for the user. Available from: <https://www.medicines.org.uk/emc/PL/3860/latest.pdf> [Accessed 10 February 2021].
•UpToDate. Patient education: Inhaler techniques in adults (Beyond the Basics). Available from: <https://www.uptodate.com/contents/inhaler-techniques-in-adults-beyond-the-basics> [Accessed 10 February 2021].