### Anoro® Ellipta Patient Handout

#### 1. OPEN
- **Slide the cover** down to expose the mouthpiece. You should hear a “click.”
- The counter will count down by 1 number.
- Do not shake this kind of inhaler.
- Note: If you open and close the cover without inhaling the medicine, you will lose the dose.

![Diagram showing how to open the inhaler](image)

#### 3. INHALE
- Hold the inhaler in a level, flat position with the mouthpiece towards you.
- **Breathe out completely** while you hold the diskus level and away from your mouth.
- Put the mouthpiece to your lips. **Breathe in quickly and deeply.**
- Do not breath in through your nose
- Do not block the air vent
- Remove the inhaler from your mouth. Hold your breath for about 10 seconds.
- Breathe out slowly and gently.

![Diagram showing how to inhale](image)

#### 4. CLOSE
- Close the cover until it clicks shut after each use.
- The counter will turn **red** when there are 10 doses left to remind you to get a refill.

![Diagram showing how to close the inhaler](image)

Use by date for Anoro® Ellipta: 6 weeks from day you open the foil pouch. -or- after the dose indicator reads “0,” whichever comes first.
**Remove the cap from the mouthpiece and load Tudorza dose**

1. Remove the protective cap by lightly squeezing the arrows marked on each side of the cap and pulling outwards

2. Hold the inhaler with the mouthpiece facing you, but not inside your mouth. The green button should be facing straight up.

3. **Press the green button down and release**

**Check to ensure your dose is ready**

4. The control window should have changed from red to green
   - If the window is still red, repeat step 3

5. Breathe out completely before you place the inhaler in your mouth. Do not breathe out into the inhaler.

**Inhale your medication**

6. Put your lips tightly around the mouthpiece
   - Breathe in **quickly and deeply** until you hear a “Click” sound. Keep breathing in to be sure you get the full dose
   - **Do not hold down the green button** while you are breathing in

7. Remove the inhaler from your mouth and hold your breath for as long as comfortable then breathe out slowly through your nose

**Check to see if medication was inhaled**

8. Stop and Check the control window
   - If the window is red you have inhaled your full dose of medicine correctly.
   - If the colored control window still does not change to red, repeat Step 5

9. Once the window has turned red, place the protective cap back onto the inhaler by pressing it back onto the mouthpiece

Dispose of inhaler 45 days after opening the pouch, when the dose indicator reaches “0” with a red background, or when the device locks out, whichever comes first.
1. **OPEN** the HandiHaler® and the blister.
   - Open the grey lid of the inhaler.
   - Open the white mouthpiece.
   - Separate one of the blisters from the blister card. Carefully peel back the aluminum foil where indicated. Note the expiration date printed on the back of each blister. Do not use after this date.
   - Remove the capsule from the blister pack.

2. **INSERT** the Spiriva capsule.
   - Insert the capsule in the center chamber of the inhaler.
   - Close the mouthpiece **firmly until you hear a click**.

3. **PRESS** the green button.
   - Hold the inhaler with the mouthpiece upwards and **press the green button completely**, then release. (Do not press the green button more than once.)
   - **Breath out completely**.

4. **INHALE** your medicine.
   - Hold the inhaler by the gray base.
   - Raise the inhaler to your mouth and close your lips tightly around the mouthpiece.
   - Breath in **slowly and deeply** until your lungs are full.
   - Hold breath about 10 seconds and slowly breathe out.

5. **DISCARD** the Spiriva capsule.
   - After you have taken your daily dose, open the mouthpiece again. Tip out the used capsule and discard.
   - Close the mouthpiece and dust cap to store your inhaler device until your next dose.
### Assemble the Inhaler (this should be performed once monthly upon receiving a new inhaler)

1. With the orange cap closed, press the safety catch while pulling off the clear base. Be sure to write the discard by date on the label of the inhaler.
2. Push the narrow end of the cartridge into the inhaler. About 1/8 of an inch will remain visible when the cartridge is correctly inserted.
3. Put the clear base back into place.
4. Prime the inhaler
5. Do not remove the cartridge or the clear base once the cartridge has been inserted into the inhaler.

### Prime the inhaler

- **Cap**
- **Mouthpiece**
- **Air vents**
- **Dose-release button**
- **Safety catch**
- **Clear base**
- **Piercing element**

1. Hold the inhaler upright with the orange cap closed to avoid accidental release of dose. Turn the clear base in the direction of the white arrows on the label until it clicks (half a turn).
2. Flip the orange cap until it snaps fully open. Point the inhaler toward the ground. Press the dose-release button. Close the orange cap. Repeat this step until the spray is visible. Once the spray is visible, you must repeat this step 3 more times.

### Load Medication Dose

- **T**- Turn the clear base in the direction of the white arrows on the label until it clicks (half a turn). Hold the inhaler upright with the orange cap closed to avoid accidental release of dose.

### Administer Medication Dose

- **O**- Open the inhaler by flipping the orange cap open. Breathe out and close your lips around the end of the mouthpiece being careful not to cover the air vents on either side. Point the inhaler to the back of your throat.
- **P**- Press the dose release button while taking a slow deep breath in, continue to breathe in slowly for as long as you can. Hold your breath for approximately 10 seconds. Close the orange cap until you use your inhaler again.

Use by date: 3 months from the day the cartridge is inserted into the inhaler
### Arcapta Neohaler
*(indacaterol inhalation powder)*

| Remove the cap from the inhaler and open the blister | 1. Remove top from inhaler  
2. Open the inhaler by holding the base and tilting the mouthpiece.  
3. Take 1 blister and peel away the protective backing to expose the foil.  
Remove the capsule with dry hands by pushing the capsule through the foil. |
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| Insert the Arcapta Capsule | 5. Insert the capsule into the capsule chamber  
6. Close the mouthpiece **firmly until you hear a click** |
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| Press the pink buttons on both sides | 7. Hold the inhaler with the mouthpiece upwards and **press the pink buttons completely** (Do not press more than once)  
8. Release the buttons  
9. **Breathe out completely** |
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| Inhale your medicine | 10. Hold the inhaler by the white base.  
11. Raise the inhaler to your mouth and close your lips tightly around the mouth piece. Breathe in **quickly and deeply** until your lungs are full. You will hear a whirling noise  
12. Hold your breath for 10 seconds and slowly breathe out. |
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<th>Discard the Arcapta Capsule</th>
<th>13. After you have taken your daily dose, open the mouthpiece again. Tip out the used capsule and throw away. Close mouthpiece and replace cap to store your inhaler</th>
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**Use by date:** Expiration date on the back of the blister