



Steps for using the Spiromax

1. Check the dose counter to make sure the inhaler isn't empty.
1. Hold inhaler upright with coloured cap at the bottom.
2. Open mouthpiece cover until you hear a click.
3. Breathe out gently, away from the inhaler.
4. Place lips around the mouthpiece without biting and form a good seal. Make sure your fingers do not cover the air vents.
5. Breathe in quickly and deeply.
6. Take inhaler out of your mouth and hold breath for 5-10 seconds, or as long as comfortable.
7. Breathe out gently, away from the inhaler.
8. If your doctor has told you to take more than one puff, repeat steps 3 to 7.
9. Wipe mouthpiece with a dry tissue.
10. Close mouthpiece cover.

Note: Do not shake the inhaler.

When is the Spiromax empty?

The inhaler has a dose counter which shows how many doses are left. It counts down in even numbers from 60. When the dose counter goes below 20, the numbers will turn red. You should go to the pharmacy and get a new Spiromax now. The inhaler is empty when the counter shows a zero.

How do I clean and store the Spiromax?

Wipe the inhaler mouthpiece with a clean, dry tissue before closing the cover. Keep in a cool dry place below 25°C, away from moisture, heat or sunlight. Do not store it in the bathroom, near a sink or a window, or in the car.

Check the expiration date on your medicine. Ask your pharmacist how to safely get rid of any medicine you don't need.

If you have any questions about using this inhaler, talk to your doctor, nurse or pharmacist. Your inhaler will come with instructions. Always read these instructions for important information on how to use it.