

Autohalers

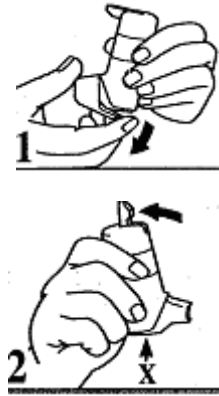
Autohalers contain medicine in a canister form. Most children at 8 years of age can use an Autohaler.

How to use an Autohaler

1 Shake the Autohaler to mix the medication and the propellant.



2 Take the cover off the mouthpiece. Hold upright and push the grey lever up until it clicks into place.



3 Breathe out gently (do not breathe into the Autohaler) and put the mouth piece between the lips. Breathe in slowly and deeply. The autohaler will release the medication automatically. Keep breathing in until you've taken a full breath.



4 Hold your breath for ten seconds. Remove Autohaler from mouth before breathing out.



5 Press the lever down and replace cap.



Repeat steps 1 – 5 if another dose is needed.

How Can I tell when the Autohaler is empty?

- Load the autohaler by holding it upright and lifting up the grey lever.
- There is a small sliding lever on the bottom of the autohaler. Slide the lever across.
- If the autohaler doesn't fire any medication, it is empty.

How do I care for an Autohaler?

- Remove mouthpiece and rinse the mouthpiece in luke warm water
- Leave to air dry, then replace mouthpiece cover
- Do not push anything into the mouthpiece, as they may cause damage

This asthma delivery device sheet has been developed by the Asthma Foundation of WA and Asthma Liaison Nurses for Princess Margaret Hospital for Children

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