

# Using Your Maxair™ Autohaler™

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
P H Y S I C I A N S

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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better.



1 Remove the mouthpiece cover. Check for and remove any dust, lint, or other objects.



2 Hold Autohaler™ upright as shown in the picture. Raise the lever, it will snap into place and stay up. **THE AUTOHALER™ HAS TO BE HELD UPRIGHT WHEN RAISING THE LEVER.**



3 Shake the Autohaler™ gently.



4 Continue to hold Autohaler™ upright. Do not block vents on the bottom of Autohaler™. Breathe out normally.



5 Seal your lips tightly around the mouthpiece. **BREATHE IN DEEPLY.** You will hear a click and feel a soft puff. This is the medicine coming out of the Autohaler™. Keep breathing in until your lungs are completely full.



6 **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. After 10 seconds, breathe out slowly.



7 Hold Autohaler™ upright and lower lever. If you need to take another puff of medicine, repeat steps 2-6.



8 Put the mouthpiece cover back on the Autohaler™.

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