

## Autohaler

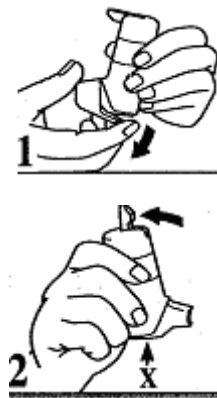
Autohalers contain medicine in a canister form. Most children at 8 years of age can use an Autohaler.

### How to use an Autohaler

1 Shake the Autohaler well.



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



3 Breathe out gently (away from Autohaler). Place mouthpiece in your mouth and seal your lips around it. 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 your 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 until it clicks into place.
- 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?

- Keep cap on Autohaler when not in use.
- **Do not push anything into the mouthpiece, as this may cause damage**

Produced by: Asthma Liaison Nurses

© Oct 2007 CAHS 0484

Child and Adolescent Health  
Service

Princess Margaret Hospital for  
Children

Roberts Road

Subiaco WA 6008

Telephone: (08) 9340 8222

Facsimile: (08) 9340 8111



**Disclaimer:** The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.



Delivering a Healthy WA