

How To Use Your Ellipta Device

containing the following medication: _____



Ellipta device
(exact colour will vary)

Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

How using this inhaler will help me:

By taking my _____ I will:

- Reduce my chances of a COPD (or asthma) flare-up.
- Improve the symptoms that I have such as: _____

How many puffs do I need to take and how often:

My dosing regimen is: _____ puffs _____ per day Date: _____

How do I know when to get a new inhaler?

When there is less than 10 doses left in the inhaler, the left half of the counter shows red. After the last dose the counter will show a full red background. Take it to your Pharmacy for recycling.

See over for step by step instructions

Inhaler Administration Steps

Prepare the device

1. Slide the cover to the side until you hear one “click”.

Get ready to inhale

2. While holding the inhaler away from your mouth, breathe out fully (so that your lungs are empty).
3. Place the mouthpiece in your mouth, between your teeth, and close your lips firmly around it to make a good seal, taking care that you do not block the air vent with your fingers.
4. Take one long, steady deep breath in. Hold this breath for 5 to 10 seconds while removing the inhaler from your mouth.
5. Breathe out away from the device.

If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.
You can also watch videos at www.lung.ca

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