

# How to use the dosage aerosol

## Cleaning

Wipe the outer and inner sides of the mouthpiece once per week with a dry towel (no water).

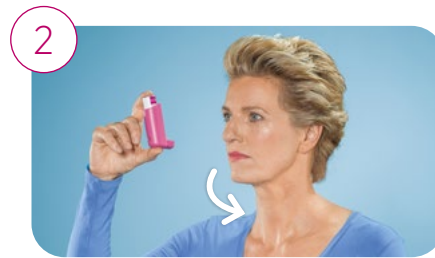
## Storage:

Do not store above 25°C after opening the bag and do not expose it to sun or frost.

## Inhaling properly step by step



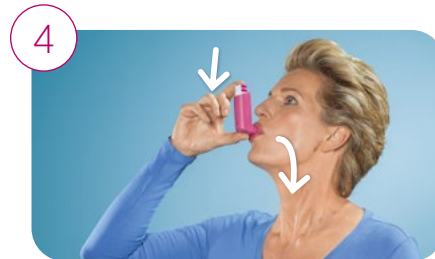
1 Before inhalation, please check the dose counter, then remove the protective cap from the mouthpiece and check that the mouthpiece is free from foreign matter.



2 Exhale slowly and deeply – do not breathe into the inhaler.



3 Hold the inhaler with the thumb and index or middle finger (as illustrated). Enclose the mouthpiece with your lips and incline your head slightly backwards.



4 Press the active ingredient cartridge downwards in order to trigger the puff while simultaneously inhaling deeply and slowly through the mouth.



5 Hold your breath for 5–10 seconds or for as long as you can without difficulty.



6 Exhale through the nose or through your almost-closed lips (pursed-lips breathing). Put the protective cap on and again check the dose counter, which counts down with each puff. For a second puff, hold the inhaler upright for about half a minute and then repeat steps 2–6.