

# Ellipta

## TECHNIQUE

### 1. Prepare:

- a. When you take your inhaler out of its box it will be in the closed position.
- b. Keep the cover closed until you are ready to inhale a dose.
- c. When you are ready, slide the cover to the side until you hear one **'click'**.
- d. The dose counter will now count down by one number. You are now ready to inhale a dose.

### 2. Inhale:

- a. While holding the inhaler away from your mouth, breathe out as far as it is comfortable. **Remember – never exhale into your inhaler.**
- b. Put the mouthpiece between your lips, and close your lips firmly around it. Don't block the air vent with your fingers.
- c. Take one long, steady, deep breath in. Hold your breath for 5-10 seconds or as long as is comfortable.
- d. Remove the inhaler from your mouth. **Breathe out slowly.**

### 3. Close:

- a. Slide the cover upwards as far as it will go to cover the mouthpiece.

[www.livingwellwithcopd.com](http://www.livingwellwithcopd.com)

## Ellipta

### TECHNIQUE - continued

Step 1c



Step 2b



### Maintenance and Cleaning

- A new inhaler shows exactly 30 doses. It counts down by 1 each time you open the cover. If you open and close the cover of your inhaler without inhaling the medicine, you will lose the dose.
- When fewer than 10 doses are left, half of the dose counter shows red, to remind you to refill your prescription. When the counter shows a full solid red background, the inhaler is empty.

[www.livingwellwithcopd.com](http://www.livingwellwithcopd.com)