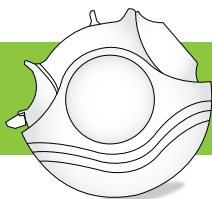
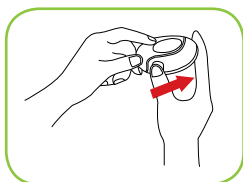


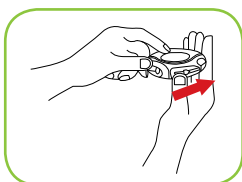
## Singapore National Asthma Programme (SNAP)



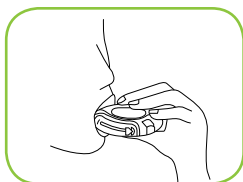
### HOW TO USE THE **ACCUHALER**



- 1** Open the Accuhaler by pushing the thumbgrip away until a 'click' is heard.

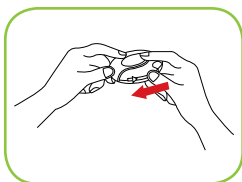


- 2** Hold the Accuhaler with the mouthpiece towards you; slide the lever away until it clicks. This makes the dose available for inhalation and move the dose counter.



- 3** Holding the Accuhaler breathe out gently away from the device. Place mouthpiece in your mouth and breathe in steadily and deeply.

- 4** Remove the Accuhaler from your mouth and hold your breath for about 10 seconds. After that, breathe out slowly.



- 5** To close, slide the thumbgrip back towards you as far as it will go until it clicks.

- 6** For a second dose, repeat steps 1 to 5.

#### IMPORTANT TO NOTE:

- The dose counter counts from 60 to 0.
- The last 5 numbers are red. Please contact your doctor to obtain a new Accuhaler when you see the red numbers.

**ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION**

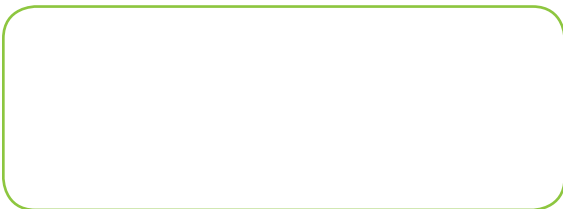


## Singapore National Asthma Programme (SNAP)

The SNAP was initiated by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore. Hence it aims to improve the overall control of the disease and quality of life of asthma patients, particularly those with moderate to severe asthma.

This technique card, together with asthma teaching services carried out at our hospitals and clinics serve to teach the patients to employ the correct way to use their inhalers so as to have an effective treatment outcome.

**For more information contact us at the following:**



A community health project supported by:

