

How to Use an Ellipta

Using your inhaler properly is important when you have asthma or COPD (chronic obstructive pulmonary disease).



Medications

An *Ellipta* is used with a number of different medications. These include:

- *Anoro (umeclidinium plus vilanterol)*
- *Arnuity (fluticasone furoate)*
- *Breo (fluticasone furoate plus vilanterol)*
- *Incruse (umeclidinium)*
- *Trelegy (fluticasone furoate, umeclidinium, & vilanterol)*



Checklist of Steps

1. Check dose counter. (Do not shake at any time.)
2. Slide cover down until a click is heard.
3. Breathe out gently (away from inhaler)
4. Put mouthpiece in mouth and close lips to form a good seal. (Do not block air vent with fingers.)
5. Breathe in steadily and deeply.
6. Hold breath for 5 seconds or as long as comfortable.
7. While holding breath, remove inhaler from mouth.
8. Breathe out gently (away from inhaler)
9. Slide the cover upwards as far as it will go, to cover the mouthpiece.

Potential Errors and Tips

- Shaking the inhaler
- Opening and closing the mouthpiece without inhaling a dose
- Leaving the mouthpiece open
- Covering vent with hand
- Exhaling into or near the mouthpiece
- Not closing the cover after inhaling
- **Do not open** the mouthpiece until you are ready to inhale dose; if the mouthpiece is closed, the dose is lost
- Always close the cover after use
- If you are using this inhaler for a corticosteroid preventer medication, **rinse your mouth with water and spit after inhaling the last dose** to reduce the risk of side effects