

How to Use an Ellipta Dry Powder Inhaler



1. Open the device by sliding the cover down until it clicks. This loads a dose.



2. Breathe out away from the device.



3. Put the curved mouthpiece in your mouth and close your lips tightly.



4. Breathe in quickly and deeply.



5. Hold your breath for up to 5 seconds.



6. Breathe out slowly.



7. Close the inhaler by sliding the cover up over the mouthpiece.



8. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA.**