

# sports<sup>haler</sup>™

FOR ACTIVE ASTHMATICS

## Prior to use

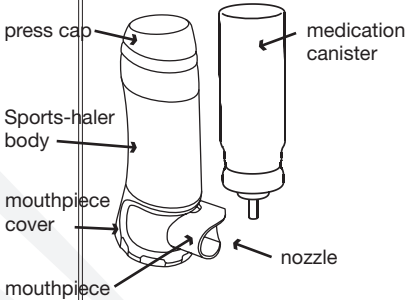
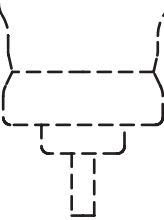
- Make sure you read and understand these instructions before use.
- This leaflet only contains instructions for your Sports-haler and **not** for your asthma medication. Please refer to the drug manufacturer's instructions and the canister label for the correct use of asthma medication.
- This Sports-haler is suitable for **Ventolin®\* or generic equivalent†** canisters - see opposite. No other canister or drug should be used in conjunction with this device.
- Always check the expiry date on your asthma medication canister.
- The Sports-haler is reusable, but should always be inspected for damage or wear and replaced if necessary.

PATENTS PENDING

This model suits **Ventolin®\*** or **generic equivalent†** metered dose canisters only (not included).

†Asmol®\*(Aus)

\*These registered trademarks are not owned by or associated with Delvtech Int. P/L



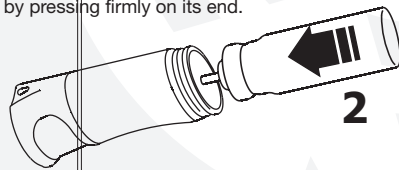
## Installing your medication canister into the Sports-haler

1. Gently remove the press cap

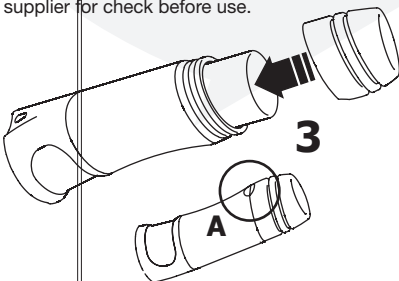


2. Insert your asthma medication canister into the body of the Sports-haler as shown. (**Your canister is first removed from the plastic holder supplied with your medication. You should retain the plastic holder and medication packaging for when you finish using the Sports-haler.**)

Ensure that the canister is completely inserted by pressing firmly on its end.



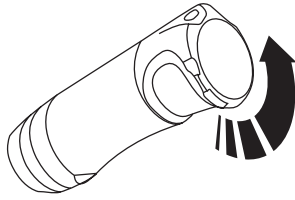
3. Replace the press cap - ensure that the cap is aligned correctly (**A**) and the canister has been pushed in far enough. Test the Sports-haler by following the steps in "How to use your Sports-haler". **If it fails to deliver** - check your medication canister is not empty and ensure the nozzle is free and clear. If the device still fails to function as expected, refer to your supplier for check before use.



## How to use your Sports-haler

### Step 1. Open

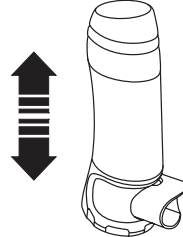
Gently twist the mouthpiece cover anticlockwise until it stops allowing the mouthpiece to extend out.



Be sure when opening or closing that your hands/fingers aren't in the way of the smooth operation of the mouthpiece. Make sure the mouthpiece is clean inside and out. The area around the nozzle should be clear of dust and all foreign matter/contaminants (see reverse for cleaning instructions).

### Step 2. Shake well

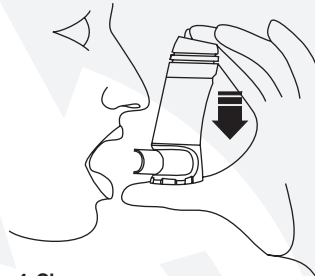
Hold the Sports-haler upright. Shake well.



### Step 3. Use

Hold and use your Sports-haler as you would your regular plastic holder, following the drug manufacturer's instructions. With the Sports-haler, it is not necessary to close your lips around the mouthpiece and you should be careful not to bite down on it.

Remember to **shake well** between puffs/doses and keep track of the number of doses remaining in your canister.



### Step 4. Close

Gently twist the mouthpiece cover clockwise until the mouthpiece is retracted and the cover is fully closed.

**If the mouthpiece is obstructed when closing, it may not retract. Check the mouthpiece is clear then rotate the mouthpiece cover to the fully open position. You may feel a click as it resets. The Sports-haler should then resume normal operation.**

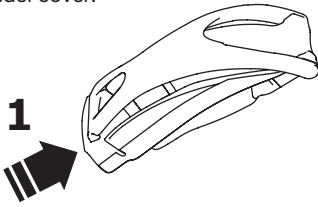
## General Precautions

- Use your medication only as your doctor or pharmacist advises you and as detailed in the directions provided with your medication.
- Always retain your original medication packaging, instructions and plastic holder for use when you are not using the Sports-haler.
- For more information on the management of asthma please see your doctor or pharmacist.
- While the Sports-haler is suitable for repeated use it should be replaced if at any time it shows signs of wear and tear.
- Always handle your Sports-haler with care.
- The Sports-haler should not be used while submerged.
- Consider your previous encountered reactions and how they may impair your abilities to use this device.
- The Sports-haler is designed to be weatherproof, however in extreme conditions or over time it may require cleaning. See reverse for cleaning instructions.
- Always check operation before proceeding with your activities and ensure there is medication in the canister before it is needed.
- Follow canister manufacturer directions on operating temperature.
- Be careful not to spray into eyes.
- The Sports-haler can be disposed of in general waste, but manufacturer directions should be followed when disposing of any expired or used medication canister.

## How to use your optional\* holder

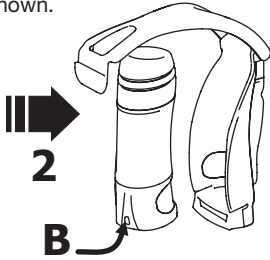
### Step 1. Open

Open the holder by depressing the button at the base of the unit, this will release the holder cover.



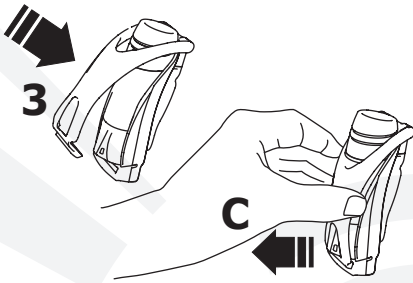
### Step 2. Insert your Sports-haler

Take care to align correctly (The lanyard hole (B) should be facing outward and towards the bottom of the holder) and push the Sports-haler into the holder as shown.



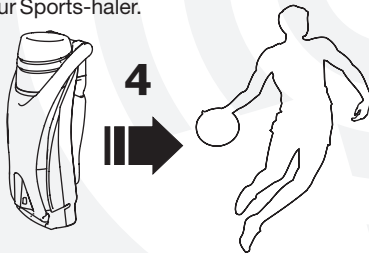
### Step 3. Close

Lower and clip in the holder cover, making sure the Sports-haler is aligned correctly and the clip is shut securely. Pull gently on the cover to check it is locked (C).



### Step 4. Go

Attach the holder securely to your belt, clothing or bag for convenient and easy access. **Only** use the holder when you are able to securely and safely attach it. Visit [www.sports-haler.com](http://www.sports-haler.com) to check for other alternative holder accessories for use with your Sports-haler.



### Changing the colour

Your holder may also include additional covers so that you can change the colour to suit. To do this simply snap out the existing cover from the rear and attach the colour you prefer.

### General Precautions

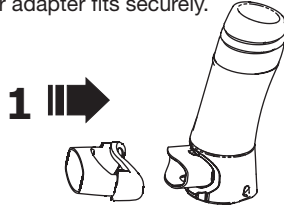
- Always ensure you test the smooth operation and integrity of the holder parts before each use.
- The holder can be cleaned with warm water as needed.
- Take care when using the holder as significant knocks and abuse may dislodge the Sports-haler.



## How to use your optional\* spacer adapter

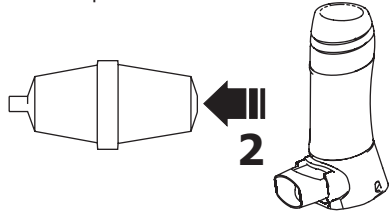
### Step 1.

Open the Sports-haler as you would in general use (see over page), then gently slide the spacer adapter over the extended mouthpiece. Ensure that the spacer adapter fits securely.



### Step 2. Insert into your Spacer

Use the Sports-haler as you would an ordinary inhaler when using a Spacer. Refer to your Spacer instructions for correct operation of this device.



### Step 3. To remove the spacer adapter

Remove the spacer adapter by sliding it off the mouthpiece. Close the Sports-haler.

### General Precautions

- Do not attempt to extend or retract the mouthpiece while the spacer adapter is in place.
- The spacer adapter is best stored with your Spacer for easy access when needed again.
- Refer to your Spacer instructions for correct use of that device

### Cleaning your Sports-haler™

Regular cleaning will keep the Sports-haler working at its best. The Sports-haler should be rinsed at least once a week or as required.

Gently remove the press cap and remove the asthma medication canister. With the mouthpiece open - rinse the Sports-haler under warm water only. **DO NOT** use chemicals or detergents. If warm water alone is insufficient in cleaning your Sports-haler it should be replaced. Allow to dry thoroughly with the mouthpiece open, before replacing the canister and press cap. Always ensure you test the smooth operation and delivery of the Sports-haler after cleaning.

### A Handy Hint

If you have difficulty in activating the device with one hand as shown in these instructions, use two hands to work the Sports-haler more easily.

\*More information on other available accessories and the spacer adapter can be found at [www.sports-haler.com](http://www.sports-haler.com)

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Sports-haler™ is a registered trade mark of DelvTech International P/L  
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