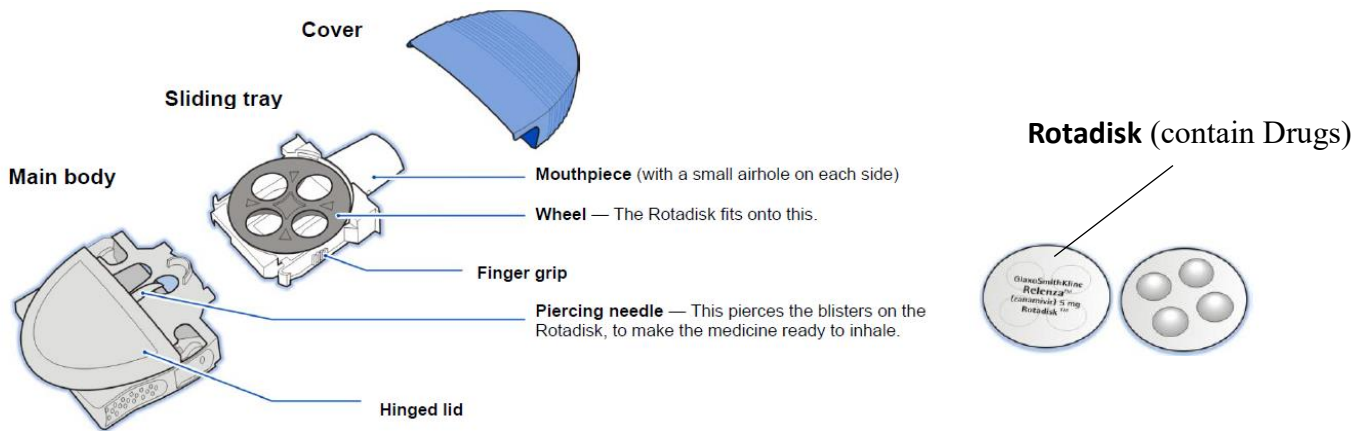


Instruction of Relenza Inhaler

- To treat flu symptoms: Use 2 inhalations every 12 hours for 5 days.
- Parts of the DISKHALER:

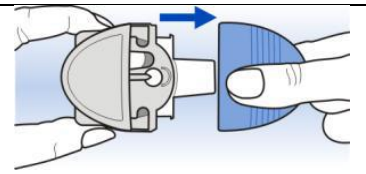


● Step-by-step guide to using your Relenza diskhaler:

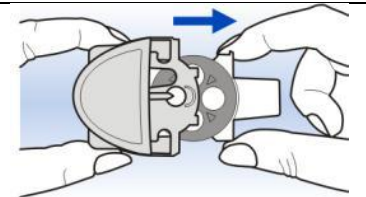
To load a Rotadisk into the Diskhaler:

1. Remove the blue cover.

Check that the mouthpiece is clean, inside and outside.

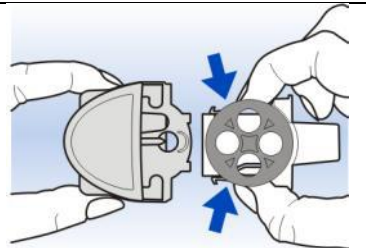


2. Hold the white sliding tray as shown and pull it out until it stops.



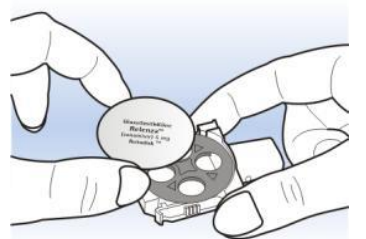
3. Gently squeeze the finger grips on the sides of the white tray.

Remove the tray from the main body.
The white tray should come out easily.



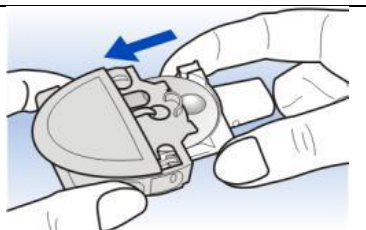
4. Place a new Relenza Rotadisk on the wheel.

Make sure the printed side is up, with the blisters facing downwards.
The blisters fit into the holes in the wheel.



5. Push the white tray back into the main body.

If you are not ready to inhale a dose of Relenza straight away,
replace the blue cover.



To get your dose ready to inhale:

Do not do this until just before you inhale a dose

6. Hold the Diskhaler horizontally.

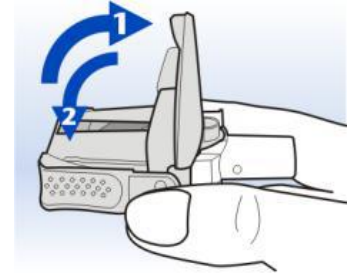
Flip the lid up as far as it will go.

The lid must be fully vertical, to make sure that the blister is pierced at both the top and bottom.

Push the lid back down.

Your Diskhaler is now ready for use.

Keep it horizontal until you have inhaled your dose.



Keep the Diskhaler horizontal

To inhale your dose of Relenza:

7. Do not put the Diskhaler into your mouth yet.

Breathe out as far as is comfortable, keeping the Diskhaler away from your mouth.

Do not blow into the Diskhaler. If you do, you will blow the powder out of the Rotadisk.

Place the mouthpiece between your teeth. Close your lips firmly around the mouthpiece.

Don't bite the mouthpiece. Don't block the airholes on the side of the mouthpiece.

Take one quick, deep breath in through the mouthpiece. Hold this breath for a few seconds.

Remove the Diskhaler from your mouth.

Carry on holding your breath for a few more seconds or as long as is comfortable.



Keep the Diskhaler horizontal

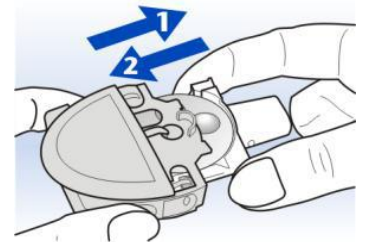
To prepare the next blister (the second part of your dose):

8. Pull the white tray out as far as it will go (do not remove it completely), then push it back in again.

This will turn the wheel so the next blister will appear.

Repeat if necessary until a full blister is positioned under the piercing needle.

Repeat steps 6 and 7 to inhale the medicine.



9. After you've inhaled the full dose (normally two blisters):

Wipe the mouthpiece with a tissue and replace the blue cover.

It is important to keep the Diskhaler clean.

To replace the Rotadisk:

10. When all four blisters are empty, remove the Rotadisk from the Diskhaler and insert a new one, using steps 1 to 5.

