

# How to use the Pressair device



1. Remove the protective cap from the mouthpiece by squeezing the sides of the cap.



2. Hold the device level with mouthpiece facing you. Red/green small window should be above the mouthpiece.



3. Press the white button on the back all the way down, to load the medication dose, then release. Keep the device upright and level so as not to lose any medication.



4. The medication is now loaded and ready for use and the window below the dose counter should be green.



5. Turn your head to exhale completely without breathing into the device.



6. Once you have exhaled completely, seal your mouth on the mouthpiece and take a rapid and deep breath in, then hold your breath for 5 to 10 seconds. The breath hold allows the medication to reach deeper into your lungs before you breathe out again.



7. If you have heard a 'click' and the window changed from green to red, then you have inhaled all of your medication dose.



8. If it is still green, repeat steps 5 and 6 to achieve the click and the red window indicating all the dose has been inhaled.



9. Replace the protective cover to keep the mouthpiece clean.

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

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

Developed by the American Lung Association, May 2022.

