

## Using the Ellipta™

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

The Ellipta consists of a plastic device containing powdered medication. The Ellipta is breath activated. This means when you inhale, the Ellipta automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Ellipta a desirable method for inhalation treatment.

The following steps outline the best method to use the Ellipta.

### Before Using a New Ellipta

1. Take the Ellipta out of the foil tray. Throw away the desiccant packet used to reduce moisture in the tray.
2. Write the tray opened and discard dates on the inhaler label. The Discard date is 6 weeks from the date you open the tray.

### Taking an Inhaled Treatment

1. Wait to open the cover until you are ready to take your dose.
2. Slide the cover down. You will hear a click.
  - This will open the Ellipta so you can see the mouthpiece.
  - This will also load the medicine.
  - The counter will count down one number.
3. Your inhaler is ready to use.
4. Hold the Ellipta level and away from your mouth and gently breathe out. Never exhale into the Ellipta.



5. Seal your lips around the mouthpiece.

6. **Inhale rapidly and deeply.** Continue to take a full, deep breath. Do not block the air vent with your fingers.

7. **Hold your breath for up to ten seconds.** This allows the medication time to deposit in the airways.



8. **Resume normal breathing.**

9. **Close the Ellipta.** The mouthpiece will be hidden by the cover when closed.

10. **If the medicine you are taking is Breo™ Ellipta™, rinse your mouth after taking the medicine.**

## Identifying When the Ellipta is Empty

1. **The Ellipta has a dose indicator on the side of the device.** Numbers on the dose indicator show how many doses are left.

2. When there are nine doses left in the Ellipta there will be a red square next to the number. This means the Ellipta is almost empty

3. When the red square appears without the number, the Ellipta is empty. Plan to get a new Ellipta before the dose indicator becomes a red square.

## Care and Cleaning

If the mouthpiece is dirty, wipe it with a cloth. Do not put the Ellipta in water. Keep the Ellipta closed when not in use.



Visit our website for more information about support groups, clinical trials and lifestyle information.

PTE.304 © Copyright January 2014

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).