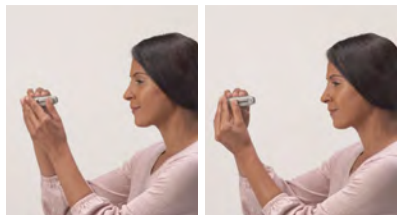


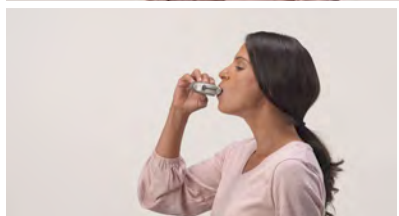
1. Louvri aparèy la lè w kenbe aparèy la nan yon pozisyon plat. Mete pous ou sou li epi pouse lwen ou jiskaske li "fonksyone".



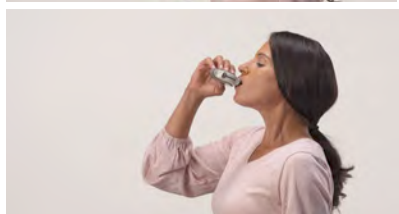
2. Sèvi ak pous ou ankò pou pouse leveyè dòz la lwen bouch la jiskaske ou tande yon "klik".



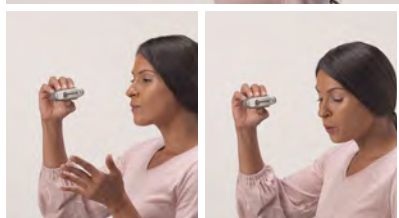
3. Respire lwen aparèy la.



4. Mete bouch la nan bouch ou epi fèmen bouch ou pou jwenn yon rezilta pafè.

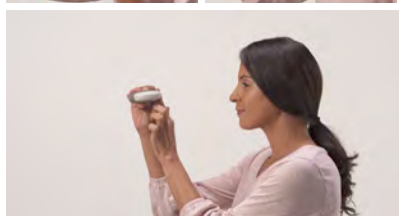


5. Respire byen vit epi pwofondman.



6. Retire Diskus la nan bouch ou epi kenbe souf ou pou 10 segonn. Respire dousman.

Si w bezwen yon lòt dòz medikaman, rete tann 1 minit epi repete etap 2-7.



7. Rense l avèk dlo epi krache l.

Yon bon teknik respiratwa enpòtan lè w ap pran medikaman pou opresyon w epi kontwole respirasyon w. Asire w pote tout medikaman ak aparèy ou yo nan chak vizit ak pwofesyonèl swen prensipal ou oswa famasyon pou w verifye si w itilize yo kòrèkteman, oswa si w gen pwoblèm pou w sèvi ak yo.

Pou plis videyo, dokiman, leson patikilye ak resous, vizite [Lung.org](https://www.lung.org).

Eskane Kòd QR la pou jwenn aksè nan Videyo Pwatik yo



Ou ka konekte tou ak yon terapèst respiratwa pou yon sipò endividyèl gratis atravè Lung HelpLine American Lung Association nan **1-800-LUNGUSA**.