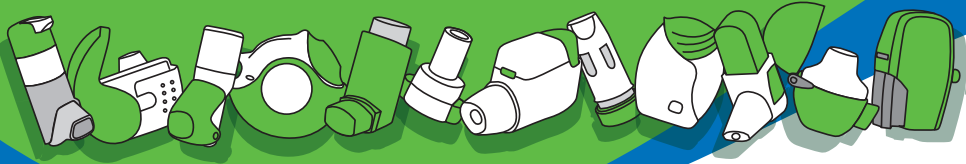


INHALERS



IMPORTANT INFORMATION about your inhaled medicine

You have been given this leaflet because you are prescribed a type of inhaler for your lung disease.

WHAT DOES AN INHALER DO?

Inhalers are devices that deliver a medicine directly into the lungs to help control your breathing symptoms. Inhaling medicines mean you need a smaller dose than if the

medicine was taken as a tablet or liquid by mouth. Inhaled medicines are the main treatment for asthma and other types of lung disease, for example COPD.

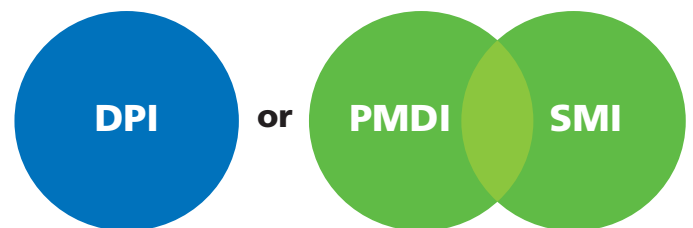
WHICH INHALER IS BEST FOR ME?

Your doctor, nurse or pharmacist will decide which medicine is recommended for you and discuss with you which type of inhaler you might like to try. Different types of inhaler

devices are available and most inhaled medicines are available in more than one type of inhaler device. It is important to find one that you can use and are happy to use.

WHICH INHALER DEVICE WILL OR DO I HAVE?

Inhaler devices can be grouped into those that are not aerosol based, such as **dry powder inhalers (DPI)**, and those that are aerosol based, such as **pressurised metered dose inhalers (pMDI)** and **soft mist inhalers (SMI)**.



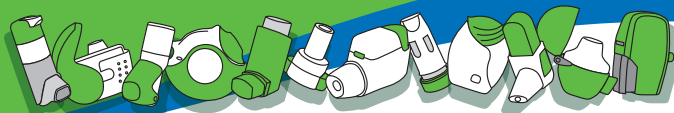
WHAT IS A SPACER DEVICE?

If you use an inhaler device called a **pressurised metered dose inhaler (pMDI)**, we always suggest you use it with a spacer device. A spacer is a plastic container which

has a mouthpiece or a facemask at one end and a hole for the inhaler at the other end. The spacer device holds the dose of medicine from the inhaler as you breathe it in and allows you to breathe in slowly and steadily, increasing the amount of medicine getting into your lungs.

USING YOUR INHALER CORRECTLY AS DIRECTED BY YOUR DOCTOR, NURSE OR PHARMACIST WILL IMPROVE YOUR HEALTH

INHALERS



CLEANING AND LOOKING AFTER YOUR INHALER AND SPACER

Keeping your inhaler clean, and when not in use keeping the mouthpiece covered, will mean you can avoid problems like accidentally breathing in dust from the mouthpiece. Storing it somewhere cool and dry is important. Avoid keeping your inhaler on a hot windowsill, or in a damp bathroom.

Always remember to check the use-by date of your inhaler. Plan in advance to make sure

you do not run out of inhalers, especially over holidays.

Wash your spacer device every 2 to 4 weeks with hot soapy water and allow to air dry.

Replace your spacer every 12 months.

Ask your GP, nurse or pharmacist for a new spacer at your yearly asthma/COPD review.

WHY USING YOUR INHALER CORRECTLY IS IMPORTANT

Using your inhaler correctly helps you to breathe the medicine straight into your lungs, where it's needed to work. This is important to manage your lung disease by helping you to cope better with day-to-day symptoms and reduce your risk of having asthma or COPD attacks.

When you don't use the right technique, medicine can stick to the back of your throat, tongue, or in your mouth, meaning it will not work as well, and may cause side-effects.

This may include a sore mouth or throat, a hoarse voice, or a cough. Some medicines, like salbutamol, can cause tremor, cramps

and increased heart rate when your inhaler technique is not correct.

Even if you think your inhaler technique is good, there may still be room for improvement to get more of the medicine deep into your lungs so always check you have the best technique.

DID YOU KNOW?

90%

of people do not use their inhalers correctly!

WHAT IS THE BEST WAY TO USE MY INHALER?

There are many different types of inhalers. Your doctor, nurse or pharmacist should show you how to use your inhaler. We encourage you to ask them to check that you have

a good technique, ideally by you showing them how you usually use your inhalers. This should be checked when you are first given a new inhaler, and repeated at least yearly.

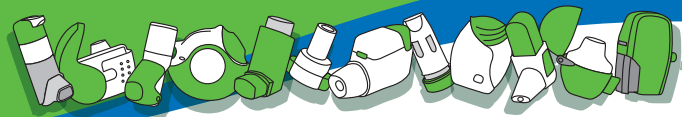
It is important you learn how to use your inhaler devices.

You can watch inhaler videos on Asthma UK + Lung's website:

www.asthma.org.uk/advice/inhaler-videos



INHALERS



THE 7 STEPS BELOW ARE A REMINDER OF THE KEY STEPS:

<p>1</p> <p>Prepare the inhaler device.</p>	<p>2</p> <p>Prepare or load the dose.</p>	<p>3</p>  <p>Breathe out gently as far as is comfortable, not into the inhaler.</p> <p>BREATHE OUT</p>
<p>4</p>  <p>Tilt the chin up slightly and put the mouthpiece in your mouth and close your lips around it.</p>	<p>5</p>  <ul style="list-style-type: none">• Dry Powder Inhaler: Breathe in as quickly and deeply as possible• Aerosol: Breathe In slowly and steadily <p>BREATHE IN</p>	
<p>6</p>  <p>Remove the inhaler from your mouth and hold your breath for up to 10 SECONDS or as long as possible.</p>	<p>7</p>  <p>Wait 30 seconds then REPEAT steps 1-6 for a second dose, if needed. Close inhaler or replace lid as appropriate.</p>	

PROTECT YOUR LUNGS

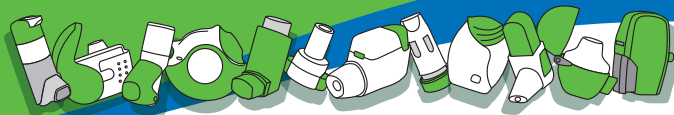
USING YOUR INHALER **CORRECTLY** AS DIRECTED BY YOUR DOCTOR, NURSE OR PHARMACIST WILL **IMPROVE YOUR HEALTH**

For short inhaler technique videos for each type of inhaler device scan here



If you have any concerns about your inhaler medicines, contact your doctor, nurse or pharmacist for further advice

INHALERS



THE ENVIRONMENT AND YOUR INHALER

The gases (propellant) in some inhalers, particularly pressurised metered dose inhalers (pMDIs), are powerful greenhouse gases which contribute to global warming, however these are not harmful to you.

The NHS is asking people using a pMDI to consider changing their inhaler to a dry powder inhaler (DPI) or a soft mist inhaler (SMI) if safe and right to do so and recommended by your nurse, doctor or pharmacist. Your medicine will continue to work in the same way. Research has so far shown that changing to a more environmentally-friendly inhaler works well for most people. Many adults find these inhalers easier to use because it's easier to get the technique right.

As long as your doctor, nurse or pharmacist shows you how to use your new inhaler, and you can use it well, changing from an pMDI to a DPI is not linked to symptoms getting worse or asthma attacks. But if it really doesn't suit you, you can ask to change back.

- After an aerosol type inhaler has finished, it still contains these greenhouse gases.
- Landfill disposal of inhalers is harmful to the environment as the left-over gases from canisters is released into the atmosphere.
- If every inhaler-user in the UK returned all their aerosol type inhalers for one year, this could save 512,330 tonnes of CO₂eq - the same as a VW Golf car being driven around the world 88,606 times!



WHAT DO I DO WITH MY OLD MEDICINES AND INHALERS?

You should not put your old or unwanted inhalers or any medicines in your household rubbish or recycling bins. It is important all medicines are disposed of safely.

Take your old or unwanted inhalers to your local community pharmacy. They may be able to recycle them or dispose of them in an environmentally friendly way.

Further information available from:

Asthma + Lung UK Advice Line
Call 0300 222 5800.
Lines open 9am-5pm, Monday to Friday.
Email: helpline@asthmaandlung.org.uk.

NHS

Leicester, Leicestershire
and Rutland
Integrated Care Board