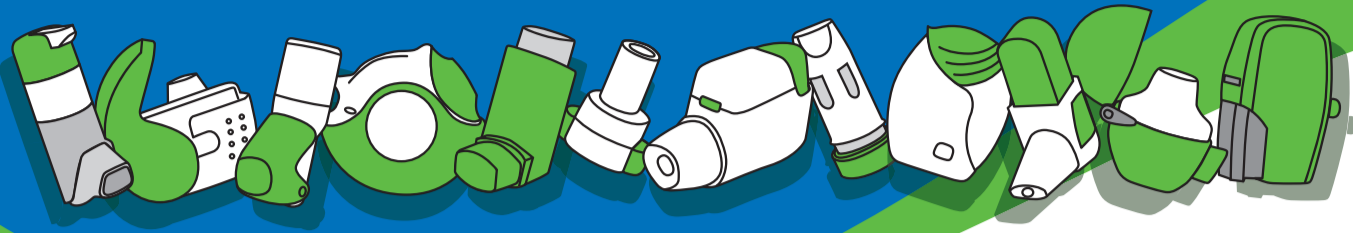



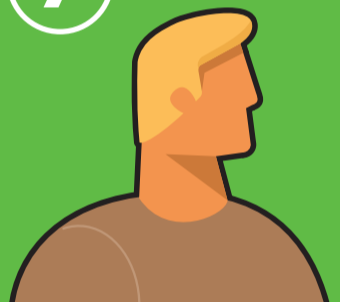


INHALER *Technique*



Inhalers
Think Green

What is the best way to use my inhaler?

<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>  <p>• Aerosol: Breathe In slowly and steadily</p> <p>BREATHE IN</p> <p>• Dry Powder Inhaler: Breathe in as quickly and deeply as possible</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>	

There are many different types of inhalers. Your doctor, nurse or pharmacist should teach you how to use your inhalers. Ask them to check you are doing it correctly by showing them. For further advice on how to use your inhalers, and to check your own technique every few months, watch inhaler videos on Asthma UK's website:

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

USING YOUR INHALER WILL IMPROVE YOUR HEALTH

- You are less likely to have a flare-up of your breathing condition
- You have a lower chance of being admitted to hospital with breathing problems
- You may have fewer side effects like hoarse voice, hand tremor, cramp and mouth infections
- You may need less medicines to treat your breathing condition
- You should be able to do more

DID YOU KNOW?
90%
of people do not use their inhalers correctly!

FOR A GREENER **NHS**

For further advice or information please contact
RespiratoryPharmacymailbox@uhl-tr.nhs.uk

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



Leicester, Leicestershire and Rutland
Integrated Care Board

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