

# INHALER FLASHCARD



## Metered Dose Inhaler (pMDI)

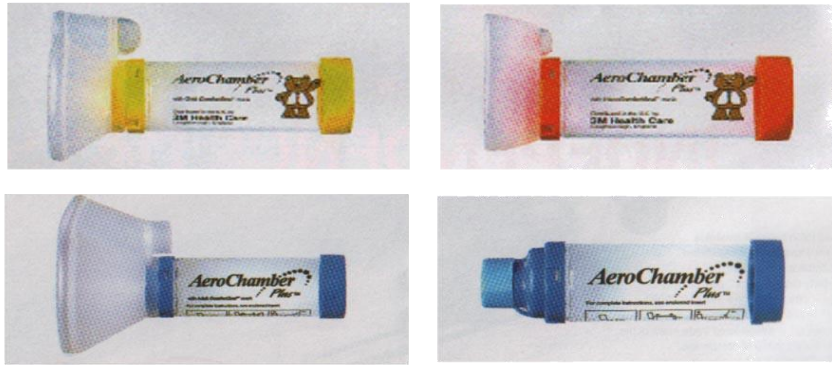
If you are using the inhaler for the first time or it has not been used before, or for longer than 5 days, the inhaler should be primed with a test dose in the air.

1. Check expiry date of inhaler and ensure it is in date.
2. Remove cap.
3. Shake well.
4. Breathe out fully.
5. Holding inhaler upright & place inhaler firmly between lips. Do not bite.
6. As you begin to breathe in through your mouth **slowly** but **deeply**, press the canister down to release the medicine and continue to inhale slowly for 5 seconds or for as long as comfortably possible.
7. Hold breath for 10 seconds or as long as you comfortably can.
8. Remove inhaler from mouth.
9. Breathe out slowly.
10. For more than 1 puff, wait 30 seconds before repeating steps 2-9.
11. Replace cap.
12. If medication contains a steroid – rinse mouth out after use.

Clean inhaler weekly by removing canister and rinse the plastic device under warm running water. Dry thoroughly and replace.

For video, visit [www.rightbreathe.com](http://www.rightbreathe.com) or download app on android or iOS or visit [www.asthma.org.uk](http://www.asthma.org.uk)

# INHALER FLASHCARD



## Spacer Device

1. Check expiry date of your inhaler and ensure it is in date
2. Remove caps from inhaler and spacer (if present).
3. Shake inhaler and insert into back of spacer.
4. Breathe out.
5. Place spacer mouthpiece into mouth, ensure a good seal with lips.
6. Press canister once.
7. Take a **deep slow** breath in for 5 seconds (aerochamber will make whistling sound if inhaling too quickly).
8. Hold breath for 10 seconds, or as long as comfortable.
9. Remove spacer and breathe out.
10. If more than one dose is required, wait 30 seconds before repeating.
11. If you find it difficult to take deep breaths, breathing in and out of the mouthpiece through your mouth 4-5 times will deliver the medication to your lungs.
12. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD

## **Spacer without a mask with tidal breathing (child)**

1. Check expiry date of your inhaler and make sure it is in date.
2. Remove caps from inhaler and spacer (if present).
3. Shake inhaler and insert upright into back of spacer
4. Ask child to sit or stand up straight and slightly tilt their chin up.
5. Place spacer mouthpiece into mouth, ensure a good seal with lips and begin breathing in and out slowly and steadily into the spacer.
6. Press canister once.
7. Encourage the child to continue breathing in and out slowly and steadily into the spacer five times.
8. If more than one dose is required, wait 30 seconds before repeating.
9. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD

## **Spacer with a mask for a baby/child**

1. Check expiry date of your inhaler and make sure it is in date.
2. Remove caps from inhaler and spacer (if present)
3. Shake inhaler and insert upright into back of spacer
4. For a baby or young toddler, sit them on your lap facing you.
5. An older child may sit or stand up straight and slightly tilt their chin up.
6. Place spacer mouthpiece into mouth, with the indent for the nose of the mask facing upwards. Put the mask on their face and make a seal over their nose and mouth.
7. Encourage the child to begin breathing in and out slowly and steadily into the spacer.
8. Press canister once the child is breathing in and out slowly and steadily five times, then remove the mask from their face.
9. If more than one dose is required, wait 30 seconds before repeating.
10. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD



## Easi-Breathe (Breath Actuated MDI)

If inhaler is new or has not been used for 5 days or more, test spray the inhaler by unscrewing the top, opening the cap and pressing the canister. Then replace the top and close the cap.

1. Check expiry of inhaler and ensure it is in date.
2. Shake inhaler well.
3. Hold inhaler upright & open by folding down the cap.
4. Breathe out fully.
5. Holding inhaler upright & place inhaler firmly between lips. Do not bite. Do not block air vents.
6. Breathe in **slowly & deeply** through the mouthpiece. Do not stop breathing in when the inhaler puffs the dose into your mouth. Continue to breathe in for 5 seconds or as long as comfortably possible.
7. Hold breath for 10 seconds or as long as possible, then remove inhaler from mouth.
8. Breathe out slowly.
9. If you need to take a second dose, close the cap, wait 1 minute, and then repeat steps 1-7.
10. Close cap for storage.
11. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD



## Spiromax (Dry Powder)

1. Check expiry of inhaler and ensure it is in date.
2. Hold your inhaler with the semi-transparent burgundy red mouthpiece cover at the bottom.
3. Open the mouthpiece cover by folding it down until one loud click is heard.
4. Breathe out gently (as far as is comfortable). Do not breathe out through your inhaler.
5. Place the mouthpiece between your lips. Do not bite the mouthpiece. Close your lips around the mouthpiece to form a tight seal. Take care not to block the air vents. Breathe in through your mouth as **deeply** and as **hard** as you can.
6. Hold your breath for 10 seconds or as long as you comfortably can.
7. Remove your inhaler from your mouth. You may notice a taste when you take your inhalation. Do not worry, this is part of knowing you have taken your inhaler correctly.
8. Then breathe out gently (do not breathe out through the inhaler). Close the mouthpiece cover.
9. After 30 seconds, repeat steps 2-7 if more than one dose is required.
10. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD



## Turbohaler (Dry Powder)

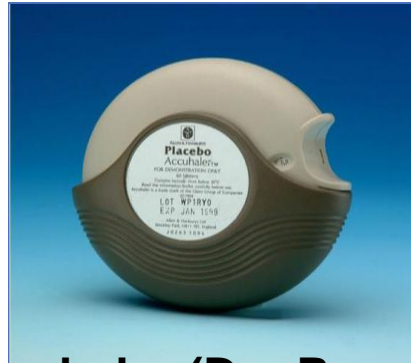
Before use for the first time, turn the device twice

1. Check expiry of inhaler and ensure it is in date.
2. Unscrew and lift off the cover
3. Hold the turbohaler upright with the grip at the bottom
4. Turn the grip fully in one direction and then back as far as possible (audible click). Only load inhaler immediately before use.
5. Breathe out away from the device.
6. Place the mouthpiece between the lips and breathe in through the mouth as **deeply** and as **hard** as possible.
7. Remove the turbohaler from mouth and hold breath for 10 seconds (or as long as comfortable).
8. Breathe out slowly away from device.
9. After 30 seconds, repeat steps 2-7 if more than one dose is required.
10. Replace cover after use
11. If medication contains a steroid – rinse mouth out after use

When shaking the turbohaler the sound heard is produced by a drying agent, not the medicine, which means the sound is not an indicator of remaining medicine.

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# INHALER FLASHCARD



## Accuhaler (Dry Powder)

1. Check expiry of inhaler and ensure it is in date.
2. Open device by holding outer case with one hand and putting your thumb of the other hand of the grip.
3. Rotate the outer case around the device as far as it will go. It will CLICK.
4. Press the lever at the side down as far as it will go. It will CLICK (do not move up again).
5. Hold the accuhaler level.
6. Hold away from your mouth and breathe out gently.
7. Put the device to lips and form a tight seal without biting.
8. Breathe in **quickly & deeply** through the mouth.
9. Remove accuhaler from mouth, shut mouth and hold breath for 10 seconds (or as long as comfortable).
10. Breathe out slowly.
11. Shut the accuhaler & the lever automatically returns to its original position.
12. Usually only ONE dose. If a second dose is required, repeat steps 1-10.
13. If medication contains a steroid – rinse mouth out after use

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# INHALER FLASHCARD



## Handihaler (Dry Powder Capsule)

1. Check expiry of capsules and ensure they are in date.
2. Press and release the green button completely to release dust cap and lift it open. Alternatively gently pull the dust cap upwards.
3. Open the mouthpiece by lifting upwards.
4. Remove capsule from blister (exposing one capsule only) and place in centre chamber.
5. Close the mouthpiece (a click will be heard) but leave dust cap open.
6. Hold handihaler upright, press and release green button once only. This will pierce a hole in the capsule, ready for you to inhale the medication.
7. Breathe out away from the inhaler.
8. Raise handihaler to mouth and seal lips around mouthpiece, keep head in upright position.
9. Breathe in **deeply** (should hear capsule rattle).
10. Hold breath for 10 seconds or for as long as comfortable Remove handihaler from the mouth.
11. Repeat steps 7-10 once more to completely empty capsule.
12. Open mouthpiece and empty out used capsule.
13. Close mouthpiece and dust cap for storage.

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### Cleaning Instructions

# INHALER FLASHCARD

The device should be cleaned **once a month** with warm water by opening dust cap, mouthpiece and also the base (by pushing up the green button). After rinsing with warm water, let device air dry and leave open for 24 hours (clean immediately after use on designated cleaning day to ensure the device has time to dry).

## Important Information

Replace device after 12 months.

Each blister should only remain open for 9 days only; use each blister strip one at a time. If a capsule is accidentally exposed to air but not needed, it should be discarded immediately.

Braltus capsules should not be used in this device.

# INHALER FLASHCARD



## **Respimat (MDI Soft Mist)**

### Before using device for the first time

- a) Check expiry of inhaler and ensure it is in date.
- b) Inserting the cartridge: with the green cap closed, press safety catch and remove clear plastic base from device
- c) Insert cartridge, narrow end first until it clicks into place
- d) Place down on a firm surface
- e) Replace the clear plastic base once cartridge is in place. This does not need to be removed again.

### To prepare for first time use

- f) Hold upright with green cap closed and turn base in the direction of the arrows until it clicks (half a turn)
- g) Open green cap
- h) Point device towards the ground and release one dose by pressing the grey release button
- i) Repeat steps e-g until a cloud is visible
- j) Then repeat three more times (this will not affect the number of doses available)

# INHALER FLASHCARD

## Daily use of Respimat

1. Hold upright with cap closed
2. Turn the base in direction of red arrow half a turn until it clicks
3. Open cap
4. Breathe out. Put the mouthpiece in your mouth and close lips around mouthpiece without covering air vents
5. Take a **slow deep** breath in and as you continue to breathe in, press dose release button. Breathe in for 5 seconds or for as long as possible.
6. Hold your breath for 10 seconds or as long as you comfortably can.
7. Close cap
8. Repeat for second puff
9. Close cap for storage

If the device is not used for more than 7 days release 1 puff towards the ground.

If not used for more than 21 days repeat steps e-i.

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# INHALER FLASHCARD



## **Breezhaler (Dry powder)**

1. Check expiry of capsules and ensure they are in date.
2. Remove the cap.
3. Hold the base of the inhaler firmly and tilt the mouthpiece to open.
4. Separate one of the blisters from the blister card by tearing along the perforation. Take one blister and peel away the protective backing to expose the capsule. Do not push capsule through foil.
5. With dry hands, remove capsule from the blister. Do not swallow the capsule.
6. Place the capsule into the capsule chamber and close the inhaler. You should hear it “click”.
7. Hold the inhaler upright with the mouthpiece pointing up.
8. Pierce the capsule by firmly pressing together both side buttons at the same time.
9. Release the side buttons fully.
10. Before placing the mouthpiece in your mouth, breathe out fully.
11. Place the mouthpiece in your mouth and close your lips firmly around it.
12. Breathe in rapidly but steadily, as deeply as you can. As you breathe in through the inhaler, the capsule spins around in the chamber and you should hear a whirring noise.
13. Hold your breath for at least 5-10 seconds or as long as you comfortably can.
14. Remove the inhaler and breathe out.
15. Open the inhaler to see if any powder is left in the capsule. If there is powder left in the capsule, close the inhaler and repeat steps 10 to 14.
16. Open the mouthpiece again, and remove the empty capsule by tipping it out of the capsule chamber. Dispose of the used capsule.
17. Close the inhaler and replace the cap.

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# INHALER FLASHCARD



## **Genuair inhaler (dry powder)**

Before first use, tear the sealed pouch along the notch and remove the Genuair inhaler. The pouch and desiccant should be discarded.

1. Check expiry of inhaler and ensure it is in date.
2. Remove the protective cap by lightly squeezing the arrows marked on each side and pulling
3. Hold the Genuair inhaler horizontally with the mouthpiece towards you and the orange button facing straight up
4. **Press** the orange button all the way down and then **release** it. Make sure the coloured control window has changed to green. If the coloured control window stays red, please repeat press and release.
5. Breathe out completely
6. Put your lips tightly around the mouthpiece of the Genuair inhaler and breathe in **strongly** and **deeply** through the mouthpiece.
7. While you breathe in you will hear a “CLICK” which signals that you are using the Genuair inhaler correctly. Keep breathing in even after you have heard the inhaler “CLICK” to be sure you get the full dose.
8. Remove the Genuair inhaler from your mouth and hold your breath for as long as is comfortable, then breathe out slowly through your nose.
9. Make sure the control window has turned to red. This confirms that you have inhaled your full dose correctly.
10. Replace the protective cap by pressing it back onto the mouthpiece

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# INHALER FLASHCARD



## Ellipta Inhaler (Dry powder)

1. Check the expiry of inhaler and ensure it is in date.
2. Hold the Ellipta upright with a grip on the right hand side, so as not to block the air vent with your fingers.
3. Slide the cover down until you hear a “click”. The dose counter counts down by 1 to confirm. Only open the cover when you are ready to take your dose. Do not shake the inhaler.
4. While holding the inhaler away from your mouth, breathe out as far as is comfortable.
5. Put the mouthpiece between your lips, and close your lips firmly around it, ensuring the air vent is remains uncovered.
6. Take one long, steady, deep breath in. Hold this breath for as long as possible (at least 3-4 seconds).
7. Remove the inhaler from your mouth.
8. Breathe out slowly and gently.
9. Close the inhaler
10. If medication contains a steroid – rinse mouth out after use

If you open and close the cover without inhaling the medicine, you will lose the dose. The lost dose will be securely held inside the inhaler, but it will no longer be available. It is not possible to accidentally take extra medicine or a double dose in one inhalation.

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# INHALER FLASHCARD



## **Nexthaler (dry powder)**

1. Check expiry date of inhaler and ensure it is in date.
2. Check the number of doses left: any number between “1” and “120” shows that there are doses left.
3. Make sure the cover is fully closed before you use it.
4. Hold your inhaler firmly in the upright position.
5. Open the cover fully.
6. Before inhaling breathe out as far as is comfortable.
7. Whenever possible, stand or sit in an upright position when inhaling.
8. Lift your inhaler up, bring it to your mouth and place your lips around the mouthpiece. Do not cover the air vent when holding your inhaler.
9. Take a quick and deep breath through your mouth.
10. Remove your inhaler from your mouth.
11. Hold your breath for 5 to 10 seconds or as long as is comfortable.
12. Breathe out slowly.
13. Move your inhaler back to the upright position and close the cover fully.
14. Check that the dose counter has gone down by one.



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15. If you need to take another dose, repeat steps 1 to 13

16. Rinse your mouth after use.

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# INHALER FLASHCARD



## Zonda Device

1. Check expiry date of capsules and ensure they are in date.
2. Pull the green cap upwards
3. Whilst holding the base, open the mouthpiece by pulling it upwards
4. Remove a Braltus capsule from the bottle, immediately before use and close the bottle tightly.
5. Place one capsule in the capsule shaped chamber in the base of the inhaler. (Never place the capsule into the mouthpiece itself).
6. Close the mouthpiece until you hear a click
7. Holding the device upright, squeeze the white piercing button. This will pierce a hole in the capsule, allowing you to inhale the contents.
8. Breathe out fully away from the inhaler.
9. Place the mouthpiece in your mouth and breathe in **strongly** and **deeply**. You should hear or feel the capsule vibrating, you should also be able to taste the sweetness of the powder.
10. Repeat steps 7 and 8 again to ensure the capsule has been emptied.

After use, open the mouthpiece, check to see the capsule is empty. If not repeat steps 4-8 again with the same capsule. If empty, discard.

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