

## How to use your Accuhaler inhaler

Inhalers are commonly prescribed for patients with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using your inhalers correctly is an important part of asthma or COPD treatment. You should be shown how to use inhalers properly by a healthcare professional when they are first prescribed.



You may occasionally experience problems using your inhalers, especially if it has been a while since you were shown the correct technique. This is very common and your healthcare professional can help you improve your inhaler technique.

### Why is inhaler technique important?

- It allows the correct dose of medication to reach your lungs.
- It gives you better control of your condition.

<b>Examples of Accuhaler inhalers</b>	Flixotide Accuhaler
	Seretide Accuhaler
	Serevent Accuhaler
	Ventolin Accuhaler

### Checklist for Accuhaler use

<b>1</b>	Stand or sit upright when using your Accuhaler.
<b>2</b>	Open your Accuhaler using the thumb grip. Push it away from you until you hear a click.
<b>3</b>	Holding the Accuhaler horizontally, load the dose by sliding lever away from you until you hear a click.
<b>4</b>	Breathe out gently, as far as is comfortable, away from mouthpiece.
<b>5</b>	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
<b>6</b>	Breathe in through your mouth as forcefully and deeply as you can.
<b>7</b>	Hold your breath for 10 seconds or as long as is comfortable.
<b>8</b>	Remove the Accuhaler from your mouth.
<b>9</b>	Breathe out gently and slowly away from the mouthpiece.
<b>10</b>	If an extra dose is needed, wait 30 seconds then <b>repeat steps 3 to 9</b> .
<b>11</b>	Close the cover by sliding the thumb grip towards you and click shut.

## Common problems

Common mistakes that people make with Accuhalers include:

- Not loading a dose before using the Accuhaler.
- Not holding the Accuhaler horizontally while loading and inhaling the dose.
- Not inhaling strongly enough to draw the medication out of the Accuhaler and in to your lungs.
- Not holding your breath long enough after using the Accuhaler.
- Getting moisture inside the Accuhaler.
- Not closing the Accuhaler cover after use.

## Useful tips

- Always hold the Accuhaler horizontally.
- As a test, place a dark cloth over the mouthpiece and breath in, if you are inhaling strongly enough you should see powder on the cloth.
- Speak to your nurse or pharmacist if you experience problems using your Accuhaler.
- If your Accuhaler contains a corticosteroid rinse your mouth out with water after your dose.
- Always read the patient leaflet provided for specific instructions.

## How did I do?

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**For video demonstrations on how to use your inhaler visit:**

<http://www.telfordccg.nhs.uk/respiratory>

**Please make an appointment to reassess your inhaler technique in:**

3 months		6 months		12 months	
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