

## How to use your Clickhaler 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 Clickhaler inhalers</b>	Asmasal Clickhaler
	Asmabec Clickhaler

### Checklist for Clickhaler use

<b>1</b>	Stand or sit upright when using your Clickhaler.
<b>2</b>	Remove the mouthpiece cover.
<b>3</b>	Shake the Clickhaler.
<b>4</b>	Hold the Clickhaler upright and put your finger on the push (dosing) button.
<b>5</b>	Press the dosing button down firmly - once only until it clicks and then release the button.
<b>6</b>	Breathe out gently as far as is comfortable away from mouthpiece and do not breathe in again yet.
<b>7</b>	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
<b>8</b>	Breathe in steadily and deeply through your mouth.
<b>9</b>	Hold your breath and remove the Clickhaler from your mouth, continue to hold your breath for ten seconds or as long as is comfortable, then breathe out slowly.
<b>10</b>	If you need to take another dose <b>repeat steps 3 to 9</b> .
<b>11</b>	Replace the mouthpiece cover.

## Common problems

Common mistakes that people make with Clickhalers include:

- Not standing or sitting up to use the Clickhaler.
- Not holding the Clickhaler upright when using it.
- Not pressing the dosing button all the way down.
- Not inhaling strongly enough to draw the medication out of the Clickhaler and in to your lungs.
- Not holding your breath long enough after breathing in the contents.
- Breathing out through the Clickhaler (remove the Clickhaler from your mouth first).
- Not replacing the mouthpiece cover.

## Useful tips

- Always check that nothing is blocking the mouthpiece.
- You may notice a taste when you inhale the medicine.
- You can check your Clickhaler is working by pressing the dosing button and then gently tapping the mouthpiece on your hand. You will then see a tiny amount of powder on your hand.
- Always replace the mouthpiece cover after use.
- It is important to clean the mouthpiece cover and mouthpiece regularly.
- Once the Clickhaler is removed from its foil pouch do not use it for longer than 6 months.
- To clean the Clickhaler remove the mouthpiece cover and the mouthpiece by pressing downwards on the end of the mouthpiece. Wipe the body and the mouthpiece of the Clickhaler with a dry cloth or tissue re-attach the mouthpiece and replace the cover. Do not use water.
- Speak to your nurse or pharmacist if you experience problems opening or using your Clickhaler.
- Always read the patient leaflet provided with your inhaler for any specific instructions.

## How did I do?

--

**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	
----------	--	----------	--	-----------	--