

## How to use your Ellipta 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 Ellipta inhalers</b>	Relvar Ellipta
	Anoro Ellipta
	Incruse Ellipta

### Checklist for Ellipta use

<b>1</b>	Stand or sit upright when using your inhaler.
<b>2</b>	Slide the cover down until you hear a click.
<b>3</b>	Breathe out gently, as far as is comfortable, away from mouthpiece.
<b>4</b>	Place the mouthpiece between your lips, and close your lips firmly around it.
<b>5</b>	Take one long, steady, deep breath in.
<b>6</b>	Hold your breath for up to ten seconds or as long as is comfortable.
<b>7</b>	Remove the inhaler from your mouth.
<b>8</b>	Breathe out slowly and gently.
<b>9</b>	Close the inhaler and rinse your mouth if possible.

## Common problems

Common mistakes that people make with Ellipta inhalers include:

- Not standing or sitting upright, or holding the inhaler upright.
- Breathing out into the inhaler - do not do this.
- Shaking the inhaler or blocking the air vent with your fingers.
- If you open and close the cover without inhaling the medicine, you will lose the dose (it is not possible to accidentally take extra medication or a double dose in one inhalation).

## Useful tips

- The dose counter shows how many doses are left.
- When there are fewer than 10 doses left, half of the dose counter shows red. You should re-order a new inhaler at this point. The number 0 is shown when the inhaler is empty.
- Rinse your mouth out with water after your dose.
- Speak to your nurse or pharmacist if you experience problems using your Ellipta Inhaler.
- 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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