

How to use your Easi-Breathe 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.

Examples of Easi-breathe inhalers	Qvar Easi-Breathe
	Salamol Easi-Breathe

Checklist for Easi-Breathe use

1	Stand or sit upright when using your inhaler.
2	Shake the inhaler before use. Hold the inhaler upright and fold down the cap that covers the mouthpiece.
3	Breathe out fully.
4	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
5	Breathe in through your mouth slowly and deeply.
6	Continue to breathe in when you feel the puff of medication in your mouth.
7	Carry on breathing in until you have taken a deep breath.
8	Hold your breath and remove the inhaler from your mouth.
9	Continue to hold your breath for ten seconds or as long as is comfortable. Breathe out slowly.
10	After use close the cap immediately.
11	If your doctor has told you to take two puffs, wait for one minute and then repeat steps 2 to 10.

Common problems

Common mistakes that people make with Easi-Breathe inhalers include:

- Not standing, sitting or holding the inhaler upright.
- Blocking the air vent with your hands when using the inhaler.
- Not continuing to breathe in when you feel the puff of medication in your mouth.
- Not holding your breath long enough after breathing in the contents.
- Taking several puffs without replacing the cap and without waiting one minute in between them.
- It can be difficult to tell when the inhaler is empty.

Useful tips

- Before you use your inhaler for the first time, or if you have not used it for five days or more, you need to test spray it. To test spray your inhaler, unscrew the top of it so you can see the metal can inside. Open the cap, shake the inhaler and spray the aerosol into the air by pressing the can with your finger or thumb. Close the cap and put the top back on. Your inhaler is now ready to use.
- Replace the mouthpiece cap after each puff.
- Rinse your mouth out with water after your dose.
- Do not twist or unscrew the top of the inhaler.
- Speak to your nurse or pharmacist if you experience problems using your inhaler.
- 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.neneccg.nhs.uk/inhaler-techniques/>

Please make an appointment to reassess your inhaler technique in:

3 months		6 months		12 months	
----------	--	----------	--	-----------	--