

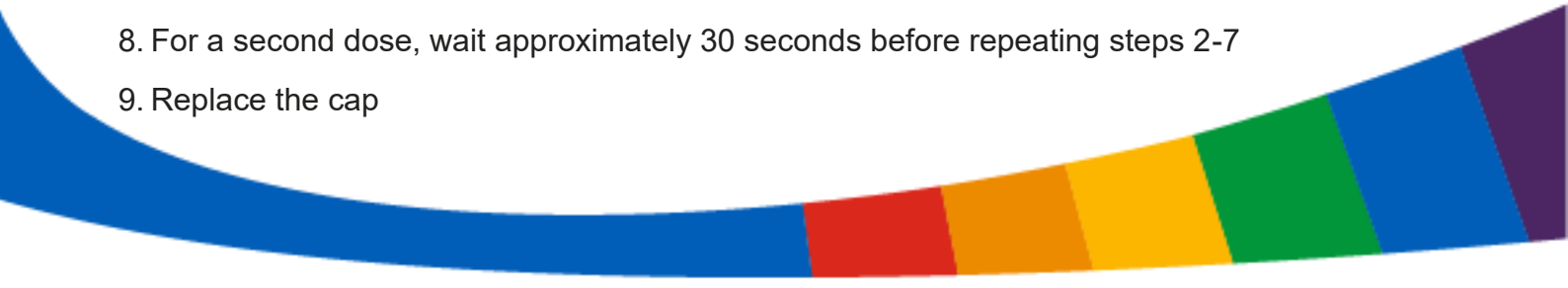


Produced by the NHS Devon, Medicines Optimisation Team



For further information visit our
Respiratory Information pages on the
[OneDevon website](#)

Metered Dose Inhaler

1. Remove the cap and check that the mouthpiece is clean and free of objects
 2. Shake the inhaler four or five times
 3. Holding the inhaler upright with your thumb on the base, breathe out as far as comfortable
 4. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
 5. Start to breathe in **slowly**; press down firmly on the top of the canister to release a dose; while continuing to breathe in **slowly** and **deeply**
 6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
 7. Breathe out gently away from your inhaler mouthpiece
 8. For a second dose, wait approximately 30 seconds before repeating steps 2-7
 9. Replace the cap
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- A decorative graphic at the bottom of the slide consisting of a series of overlapping colored segments in a curved, wave-like shape. The colors from left to right are blue, red, orange, yellow, green, and dark blue.

Remember...

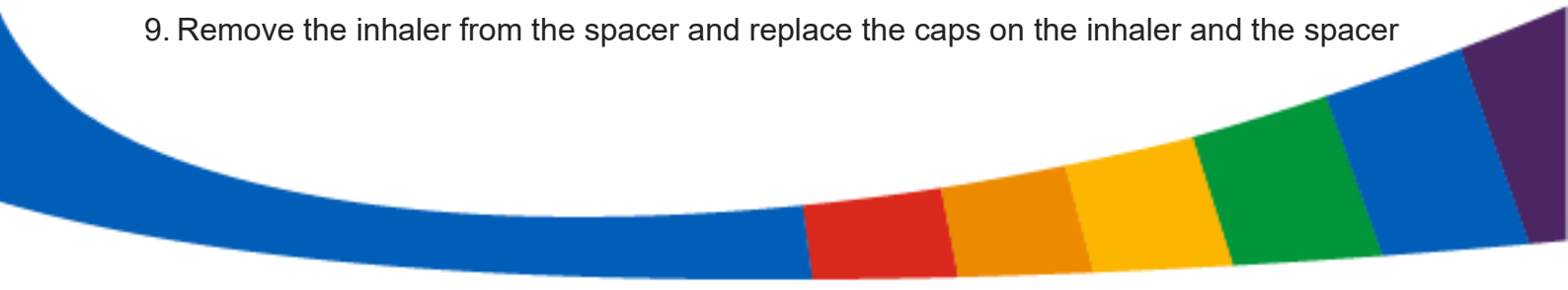
- **Do not** share your inhaler with anyone else
- **Do not** activate the inhaler before you start breathing in
- **Do not** stop breathing in when you activate the inhaler
- Stand or sit upright when using your inhaler
- Keep your chin up and the inhaler upright - **Do not** aim your inhaler at the roof of your mouth or tongue
- A **slow, deep** breath in, over at least five seconds is much better than a short, sharp breath
- Always keep your reliever inhaler with you



Breathe in slowly and deeply

Metered Dose Inhaler and small volume spacer

1. Remove the caps from the inhaler and from the spacer
2. Shake the inhaler four or five times and insert into the spacer
3. Holding the spacer level and the inhaler upright, breathe out as far as comfortable
4. Place the spacer mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
5. Press the canister **once** to release the dose of the drug
6. Take five **slow** controlled breaths in and out (if you hear a whistling sound you are breathing too quickly)
7. Remove the spacer from your mouth and breathe out gently
8. For a second dose, wait about 30 seconds before repeating steps 2 – 7
9. Remove the inhaler from the spacer and replace the caps on the inhaler and the spacer



Remember...

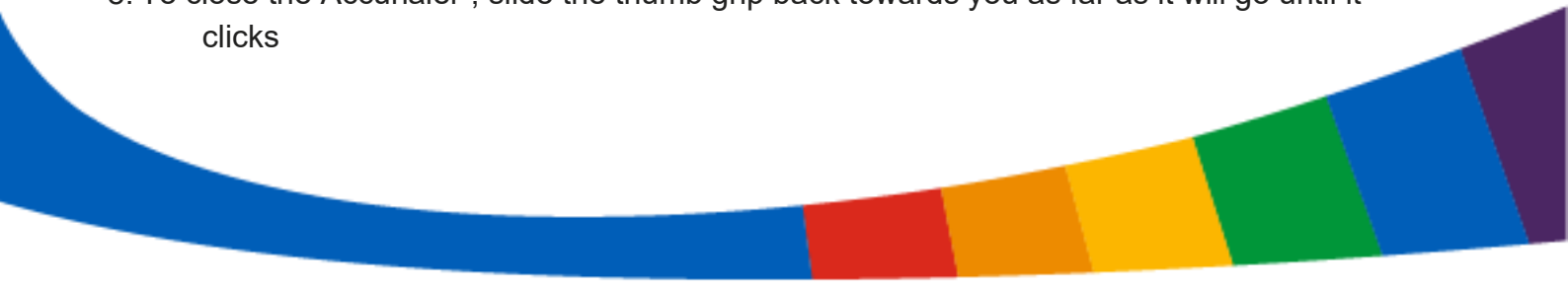
- **Do not** share your inhaler or spacer with anyone else
- If you have been prescribed a spacer try to use it with your inhaler whenever possible. This is the most effective way of taking the drug
- Stand or sit upright when using your inhaler and spacer
- Keep your chin up and the inhaler upright
- Clean the spacer once a month as instructed in the leaflet
- Always keep your reliever inhaler with you



Breathe in slowly and deeply

Accuhaler®

1. Hold the casing of the Accuhaler® in one hand while sliding the thumb grip away until a click is heard
2. Holding your Accuhaler® with the mouthpiece towards you slide the lever away from you until a click is heard. This makes the dose available for inhalation and moves the dose counter on
3. Holding the inhaler horizontally, breathe out as far as comfortable
4. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
5. Breathe in as **strongly** and **deeply** as possible
6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
7. Breathe out gently away from your inhaler mouthpiece
8. To close the Accuhaler®, slide the thumb grip back towards you as far as it will go until it clicks



Remember...

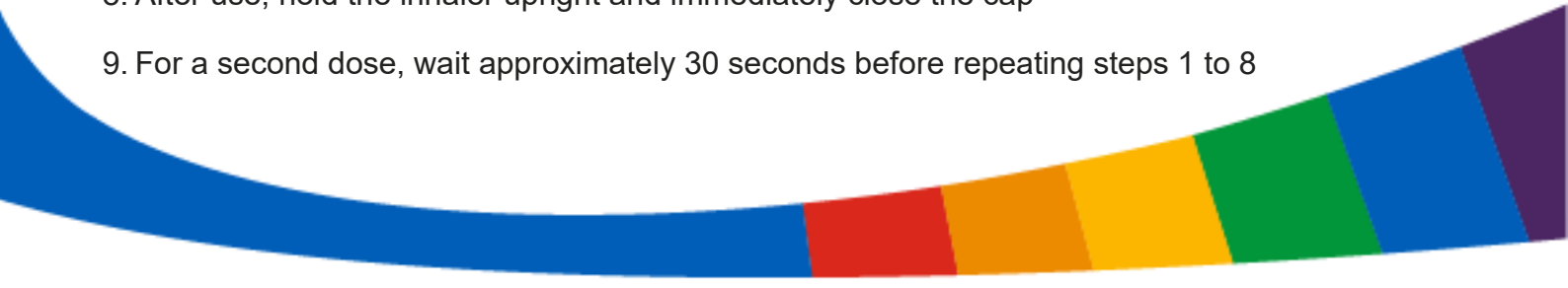
- **Do not** share your inhaler with anyone else
- **Never** breathe out into your Accuhaler®
- **Never** hold the Accuhaler® with the mouthpiece pointing downwards during or after loading a dose of medicine
- Check the dose counter on your Accuhaler® regularly so that you know when you need a new one
- Always close your Accuhaler® after use
- Keep your Accuhaler® horizontal during or after loading a dose
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Easi-breathe®

1. Hold the inhaler upright and shake the inhaler four to five times
2. Open the cap which covers the mouthpiece
3. Holding the inhaler upright, take care not to cover the air vents on the top of the inhaler
4. Breathe out as far as comfortable and place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
5. Breathe in **slowly** and **deeply** through the mouthpiece. **Do not** stop breathing when the Easibreathe® inhaler releases the dose
6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
7. Breathe out gently away from your inhaler mouthpiece
8. After use, hold the inhaler upright and immediately close the cap
9. For a second dose, wait approximately 30 seconds before repeating steps 1 to 8



Remember...

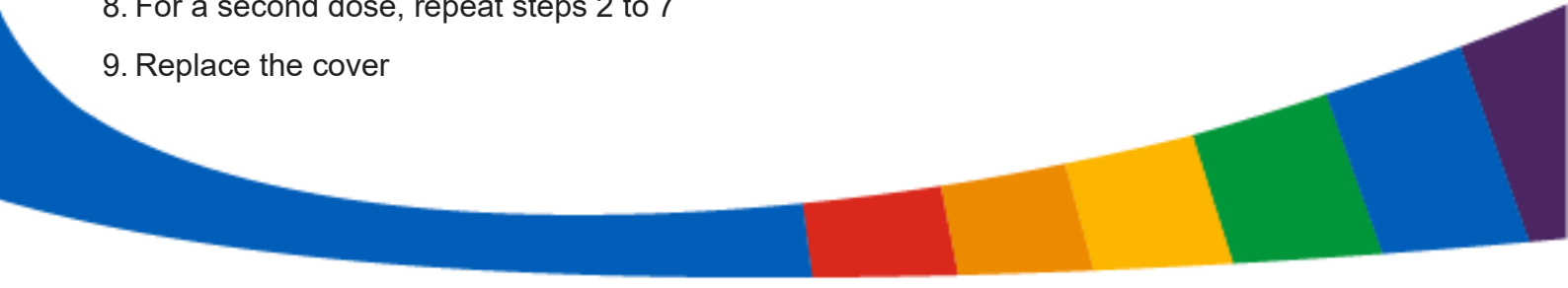
- **Do not** share your inhaler with anyone else
- **Do not** block the air holes at the top of your inhaler
- **Do not** stop breathing in while the inhaler releases the dose of medication into your mouth
- **Do not** breathe in too quickly
- **Do not** aim your inhaler at the roof of your mouth or tongue
- Keep your chin up and the inhaler upright
- Stand or sit upright when using your inhaler
- Always keep your reliever inhaler with you



Breathe in slowly and deeply

Turbohaler®

1. Unscrew and lift off the mouthpiece cover
2. Hold the Turbohaler® upright, holding the coloured base, turn the base as far as it will go in one direction, and then turn it as far as it will go in the other direction. You should hear a click sound. A dose of medication is now loaded and ready for inhalation
3. Hold the inhaler upright until you are ready to inhale the dose
4. Breathe out as far as comfortable and then place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
5. Breathe in **strongly** and **deeply** through the mouthpiece
6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
7. Breathe out gently away from your inhaler mouthpiece
8. For a second dose, repeat steps 2 to 7
9. Replace the cover



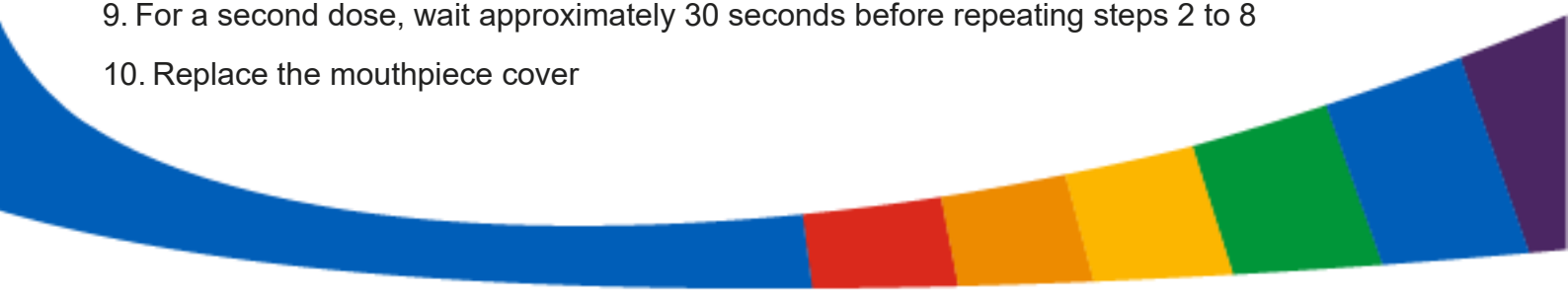
Remember...

- **Do not** share your inhaler with anyone else
- **Never** breathe out into your Turbuhaler®
- Check the dose counter on your Turbuhaler® regularly so that you know when you need a new one
- It is important to breathe in **strongly** and **deeply**
- Keep your Turbuhaler® upright until you are ready to inhale the dose
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Autohaler®

1. Remove the mouthpiece cover
 2. Shake the inhaler four to five times and push the lever on top of the device up (on)
 3. Hold the inhaler upright, breathe out as far as comfortable
 4. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite (make sure the air holes are not being blocked by your hand)
 5. Breathe in **slowly** and **deeply** through your mouth. Do not stop breathing in when the Autohaler® clicks (releasing the dose)
 6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
 7. Breathe out gently away from your inhaler mouthpiece
 8. Push the lever down
 9. For a second dose, wait approximately 30 seconds before repeating steps 2 to 8
 10. Replace the mouthpiece cover
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Remember...

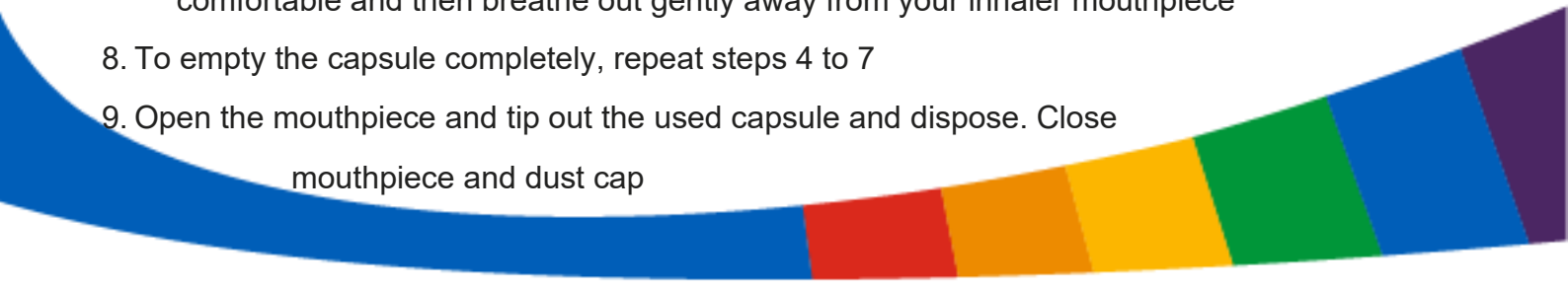
- **Do not** share your inhaler with anyone else
- **Do not** stop breathing in when you hear the activation click or if you feel the inhaler release the medication in your mouth
- **Do not** breathe in too quickly
- **Do not** block the air vent at the base of your inhaler
- Stand or sit upright when using your inhaler
- Keep your chin up and the inhaler upright - **Do not** aim your inhaler at the roof of your mouth or tongue
- The lever must be pushed up ("on") before each dose, and pushed down again ("off") afterwards; otherwise, the Autohaler® will not operate
- Always keep your reliever inhaler with you



Breathe in slowly and deeply

HandiHaler®

1. Open the dust cap of the HandiHaler® by pressing the green button. Then open the mouthpiece by pulling it upwards
2. Remove one capsule from the blister, and place this in the centre chamber of the HandiHaler®. Close the mouthpiece and press down until it clicks
3. Hold the HandiHaler® with the mouthpiece upright, press in the green piercing button **once** as far as it will go then release
4. Breathe out as far as comfortable
5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
6. Keeping your chin up, breathe in **strongly** and **deeply** through the mouthpiece, you should hear or feel the capsule vibrate
7. Removing the inhaler from your mouth, hold your breath for about 10 seconds, or as long as is comfortable and then breathe out gently away from your inhaler mouthpiece
8. To empty the capsule completely, repeat steps 4 to 7
9. Open the mouthpiece and tip out the used capsule and dispose. Close mouthpiece and dust cap



Remember...

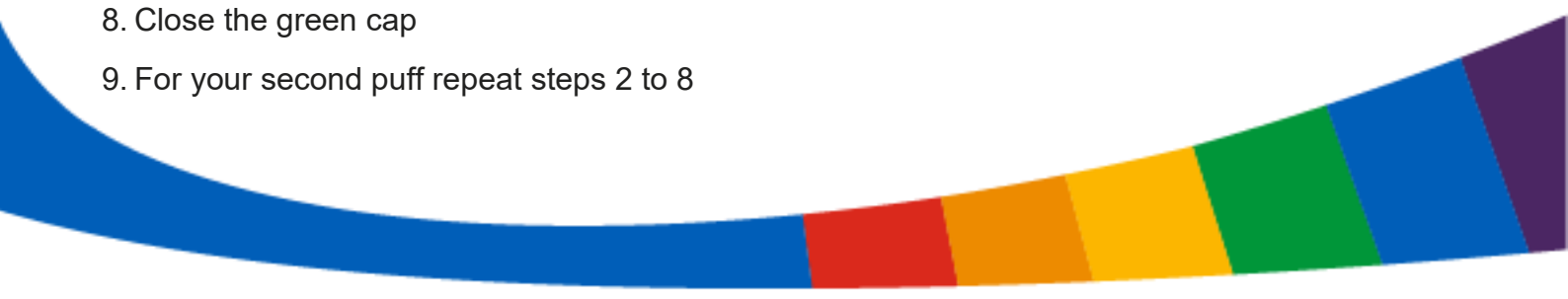
- **Do not** share your inhaler with anyone else
- **Never** swallow the capsules
- **Never** breathe out into your HandiHaler®
- Before removing a capsule from the blister, separate one of the blisters from the blister card by tearing along the perforation
- Only remove one capsule from the blister foil immediately before use
- **Do not** place capsules directly into the mouthpiece, always place into the chamber
- Only press the green button in **once** to pierce the capsule, do this immediately before use
- Clean the HandiHaler® once a month as instructed in the leaflet
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Respimat®

1. **Before first use:** ensure you have fully followed the manufacturer's instructions to prepare your Respimat® inhaler
2. Hold the inhaler upright with the green cap closed. Turn the base in the direction of the arrows on the label until it clicks (half a turn)
3. Open the green cap until it snaps fully open
4. Holding the inhaler upright, breathe out as far as comfortable
5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
6. While taking a **slow** and **deep** breath through your mouth press the dose release button and then continue to breathe in **slowly** for as long as you can
7. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable. Breathe out gently away from your inhaler mouthpiece
8. Close the green cap
9. For your second puff repeat steps 2 to 8



Remember...

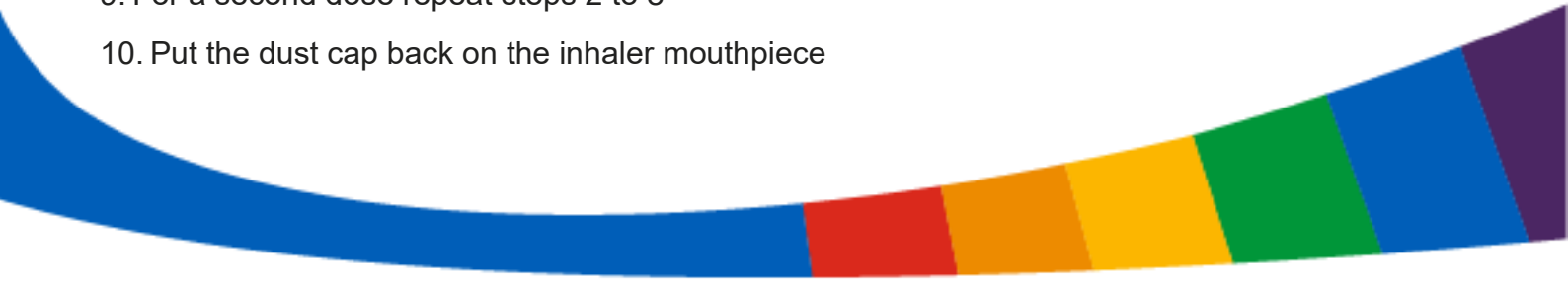
- **Do not** share your inhaler with anyone else
- Follow the manufacturer's instructions fully to prepare your inhaler for first use, also follow the manufacturer's instructions to prepare your inhaler if it has not been used for more than seven days
- Always close the green cap after use
- **Do not** block the air vents with your fingers
- **Replace** your reusable inhaler when you have used it with **6 refill cartridges**
- Always keep your reliever inhaler with you



Breathe in slowly and deeply

Easyhaler®

1. Remove the protective cover (if you are using this) and the dust cap
2. Shake the inhaler vigorously up and down three to five times
3. Hold the inhaler in an upright position. Press the top of the device down **once**, until you hear a click, then let it click back again. This has loaded a dose of medication ready for inhalation
4. Holding the inhaler upright, breathe out as far as comfortable
5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
6. Take a **strong** and **deep** breath in through the mouthpiece
7. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
8. Breathe out gently away from your inhaler mouthpiece
9. For a second dose repeat steps 2 to 8
10. Put the dust cap back on the inhaler mouthpiece



Remember...

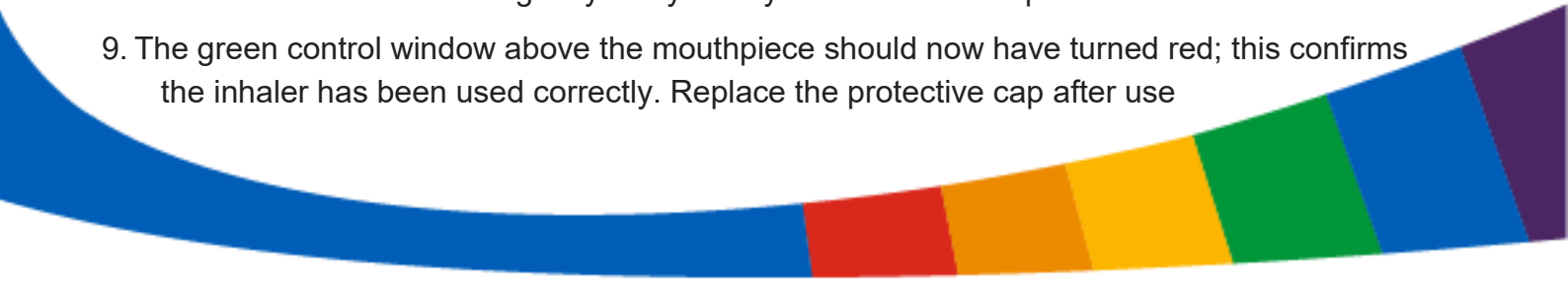
- **Do not** share your inhaler with anyone else
- **Never** breathe out into your inhaler
- Always shake the inhaler prior to use, in an upright position
- Only press down to load a dose of medication into the mouthpiece immediately prior to inhalation
- It is important to breathe in **strongly** and **deeply**
- **Do not** block the air vents with your fingers
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Genuair®

1. Remove the coloured protective cap
2. Hold the inhaler with the mouthpiece facing towards you and the coloured button facing up
3. Firmly press the button all the way down then release
4. You should now see a green control window above the mouthpiece; this indicates the dose is ready to inhale. If the window is still red, repeat steps 2 and 3
5. Holding the inhaler upright, breathe out as far as comfortable
6. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
7. Inhale **strongly** and **deeply** through the mouthpiece. You will hear a click as you inhale, this indicates you are using the inhaler correctly, continue to breathe in once you hear the click
8. Remove the inhaler from your mouth; hold your breath for about 10 seconds, or as long as comfortable. Breathe out gently away from your inhaler mouthpiece
9. The green control window above the mouthpiece should now have turned red; this confirms the inhaler has been used correctly. Replace the protective cap after use



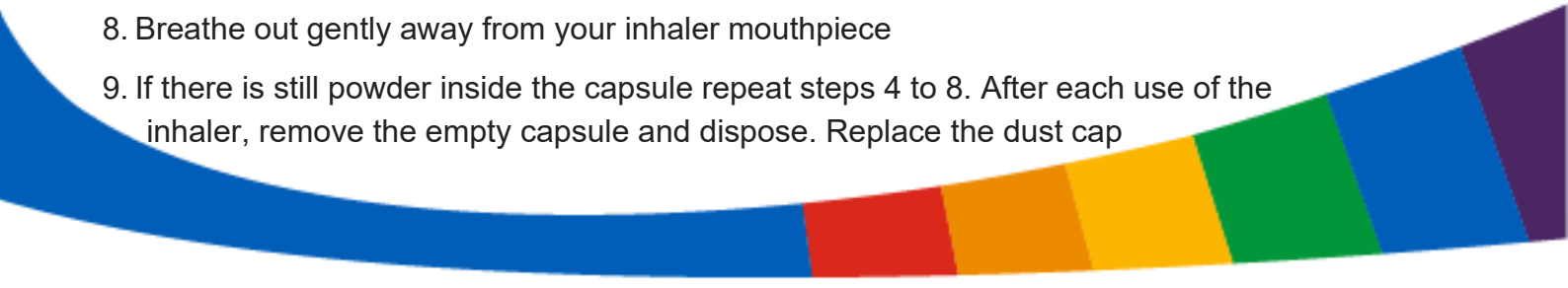
Remember...

- **Do not** share your inhaler with anyone else
- Remember to look at the counter on the inhaler, which indicates how many doses you have left in the inhaler
- When a red striped band appears on the dose counter, you are nearing your last dose
- Continue to use the inhaler when the dose counter reads 0, when you press the button and it does not return to its original position the last dose has been loaded. This dose can be inhaled, but after this the inhaler should be discarded. You do not need to clean this inhaler. However, if you wish to clean it, wipe the outside of the mouthpiece with a dry tissue or paper towel. Never use water to clean the inhaler
- **Do not** tilt the device or turn upside down after pressing the green button
- **Do not** continue to hold down the green button after pressing. Doing so would stop the inhaler working properly
- **Do not** breathe out into the inhaler
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Breezhaler®

1. Hold the base of the inhaler and pull off the dust cap, then tilt the mouthpiece back to open the inhaler and expose the capsule chamber
 2. With dry hands, remove one capsule from the blister and place capsule into the capsule chamber. Close the inhaler until you hear a 'click'
 3. With the mouthpiece pointing up, squeeze the buttons on the side of the inhaler **once**, firmly, and then release the buttons
 4. Holding the inhaler upright, breathe out as far as comfortable
 5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
 6. Inhale with a **strong** and **deep** breathe in. Continue to inhale as you hear a whirring noise
 7. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
 8. Breathe out gently away from your inhaler mouthpiece
 9. If there is still powder inside the capsule repeat steps 4 to 8. After each use of the inhaler, remove the empty capsule and dispose. Replace the dust cap
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Remember...

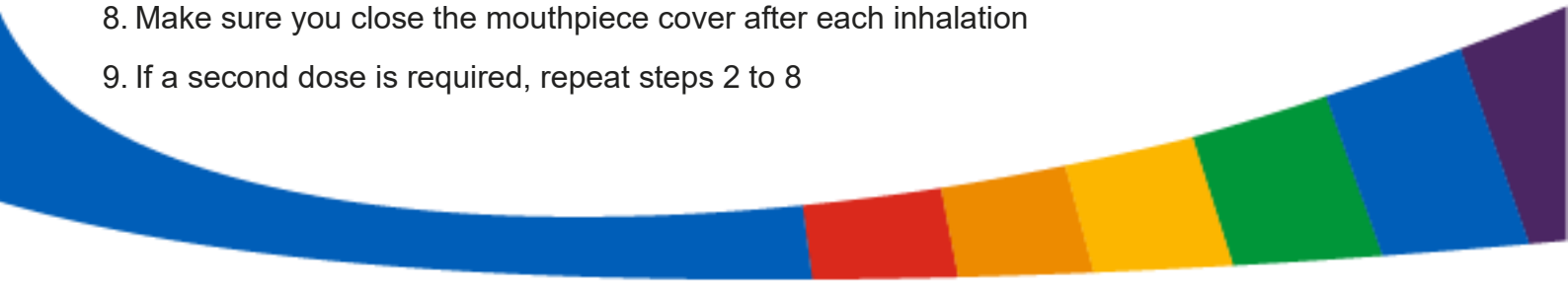
- **Do not** share your inhaler with anyone else
- **Do not** place capsules directly into the mouthpiece, always place capsules into the chamber
- Keep capsules in their packaging until you need to use them and only use the capsules provided with the inhaler
- If you want to clean your inhaler, wipe the mouthpiece inside and outside with a clean, dry, lint-free cloth to remove any powder residue. Do not use water, keep the inhaler dry. Dispose of each used inhaler after 30 days then use a new inhaler
- **Do not** swallow the capsules
- **Do not** blow into the mouth piece
- **Do not** hold the side buttons while you breathe in
- **Do not** turn the inhaler upside down after loading the capsule inside
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Spiromax®

1. **Before first use:** Remove from the foil pouch, there is space on the inhaler label to record the date you opened the inhaler
2. Open the mouthpiece cover fully by folding it down until a click is heard. This prepares the dose of medication, and the inhaler is now ready for use
3. Holding the inhaler upright with your thumb on the base, breathe out as far as is comfortable
4. Place the mouthpiece in your mouth, closing your lips around it to form a good seal. Do not bite the mouthpiece
5. Breathe in as **strongly** and **deeply** as possible
6. Removing the inhaler from your mouth, hold your breath for 10 seconds, or as long as is comfortable
7. Breathe out gently away from your inhaler mouthpiece
8. Make sure you close the mouthpiece cover after each inhalation
9. If a second dose is required, repeat steps 2 to 8



Remember...

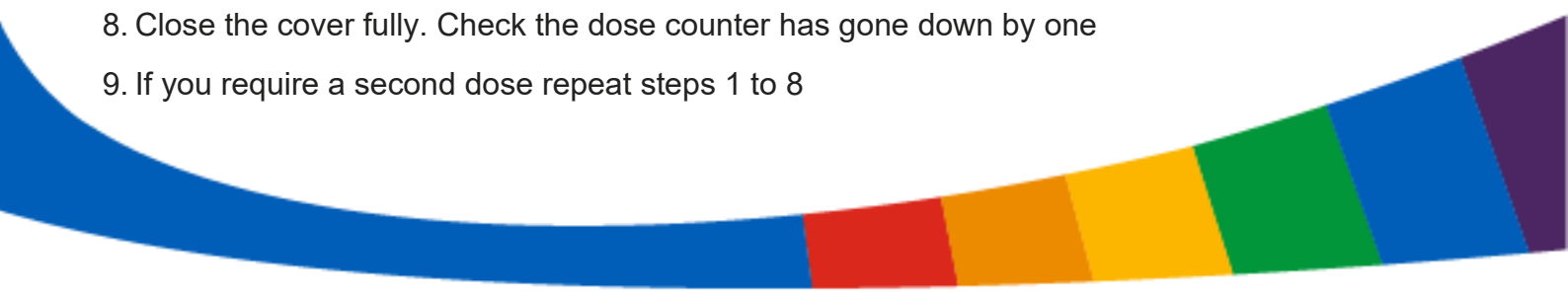
- **Do not** share your inhaler with anyone else
- When the Spiromax® inhaler is new it will be supplied in a sealed protective pouch – keep the inhaler in the pouch until you are ready to use it
- **Do not** try to take the inhaler apart, or remove or twist the mouthpiece cap
- **Do not** breathe out into your inhaler
- **Do not** open and close the mouthpiece unless a dose is being taken
- **Do not** shake the inhaler before use
- Take care not to block the air vent when using the inhaler
- Keep the device clean and dry and store with the mouth piece cover closed, the mouthpiece may be wiped after use
- If the mouthpiece is opened and closed accidentally, the dose will still be released and will remain available for the next inhalation
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

NEXThaler®

1. Check the number of doses left in the inhaler, this should be between 1 and 120. If the dose counter shows 0 dispose of this inhaler and use a new one
2. Hold the inhaler firmly in the upright position and open the cover fully
3. Continue to hold the inhaler upright until you are ready to inhale the dose
4. Breathe out as far as comfortable, place the mouthpiece in your mouth; closing your lips around it to form a good seal. Do not bite the mouthpiece
5. Inhale **strongly** and **deeply** through the mouthpiece. You may hear a click or notice a taste as you inhale, this indicates you are using the inhaler correctly, continue to breathe in once you notice the click or taste
6. Removing the inhaler from your mouth; hold your breath for about 10 seconds, or as long as is comfortable
7. Breathe out gently away from your inhaler mouthpiece
8. Close the cover fully. Check the dose counter has gone down by one
9. If you require a second dose repeat steps 1 to 8



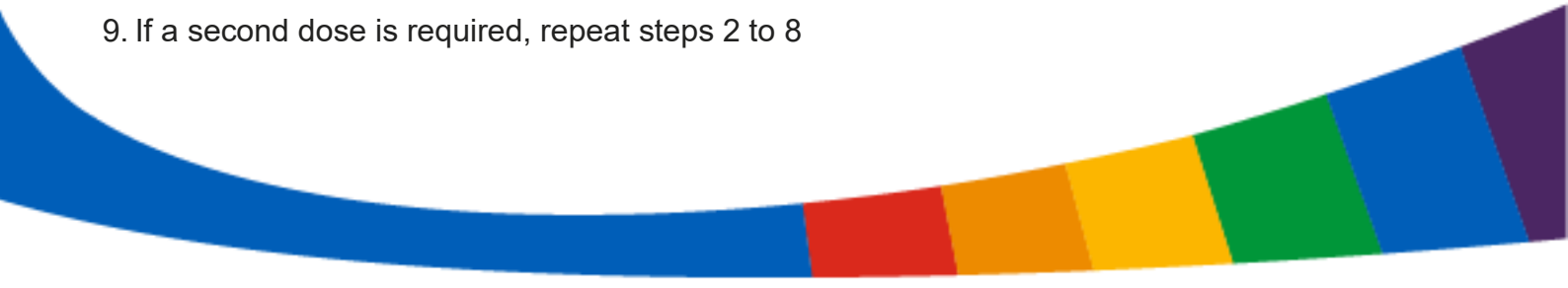
Remember...

- **Do not** share your inhaler with anyone else
- When the NEXThaler® is new it will be supplied in a sealed protective pouch – keep the inhaler in the pouch until you are ready to use it
- Once the NEXThaler® is removed from the pouch the expiry is 6 months
- Always keep the cover closed until you are about to use the inhaler
- **Do not** cover the air vent when using your inhaler
- **Do not** inhale or exhale through the air vent
- **Do not** breathe out, through the inhaler
- It is not normally necessary to clean your inhaler, though if needed do so with a dry cloth or tissue
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Ellipta®

1. **Before first use:** Remove from the foil tray and discard the desiccant pouch
 2. Open the mouthpiece cover fully by folding it down until a click is heard. This prepares the dose of medication and the inhaler is now ready for use
 3. Holding the inhaler upright with your thumb on the base, breathe out as far as is comfortable
 4. Place the mouthpiece in your mouth, closing your lips around it to form a good seal. Do not bite the mouthpiece
 5. Breathe in as **strongly** and **deeply** as possible
 6. Removing the inhaler from your mouth, hold your breath for 10 seconds, or as long as is comfortable
 7. Breathe out gently away from your inhaler mouthpiece
 8. Make sure you close the mouthpiece cover after each inhalation
 9. If a second dose is required, repeat steps 2 to 8
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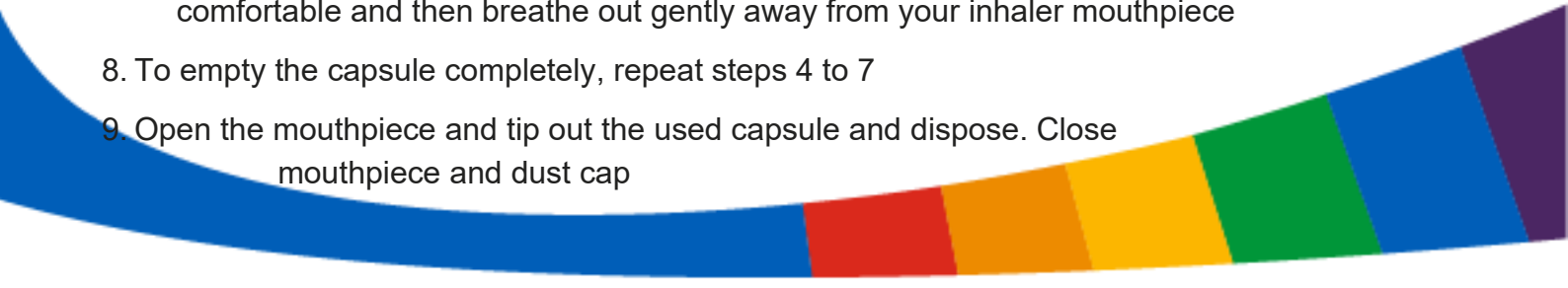
Remember...

- **Do not** share your inhaler with anyone else
- **Do not** block the air vent with your fingers
- It is not normally necessary to clean your inhaler, though if needed do so with a dry cloth or tissue
- Rinse your mouth with water after using the inhaler
- Once the inhaler is removed from the foil tray the inhaler can be used for up to 6 weeks from this date.
- **Do not** shake the inhaler
- **Do not** breath out into the inhaler
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Zonda®

1. Pull the dust cap upwards. Hold the base of the inhaler firmly and open the mouthpiece by pulling it upwards, in the direction of the arrow
 2. Remove one capsule from the bottle, immediately before use and close the bottle tightly. Place the capsule in the chamber in the inhaler
 3. Close the mouthpiece until you hear a click, leaving the dust cap open. Hold the Zonda® with the mouthpiece upright, press in the piercing button **once** as far as it will go then release
 4. Breathe out as far as comfortable
 5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal - do not bite
 6. Keeping your chin up, breathe in **strongly** and **deeply** through the mouthpiece, you should hear or feel the capsule vibrate
 7. Removing the inhaler from your mouth, hold your breath for about 10 seconds, or as long as is comfortable and then breathe out gently away from your inhaler mouthpiece
 8. To empty the capsule completely, repeat steps 4 to 7
 9. Open the mouthpiece and tip out the used capsule and dispose. Close mouthpiece and dust cap
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Remember...

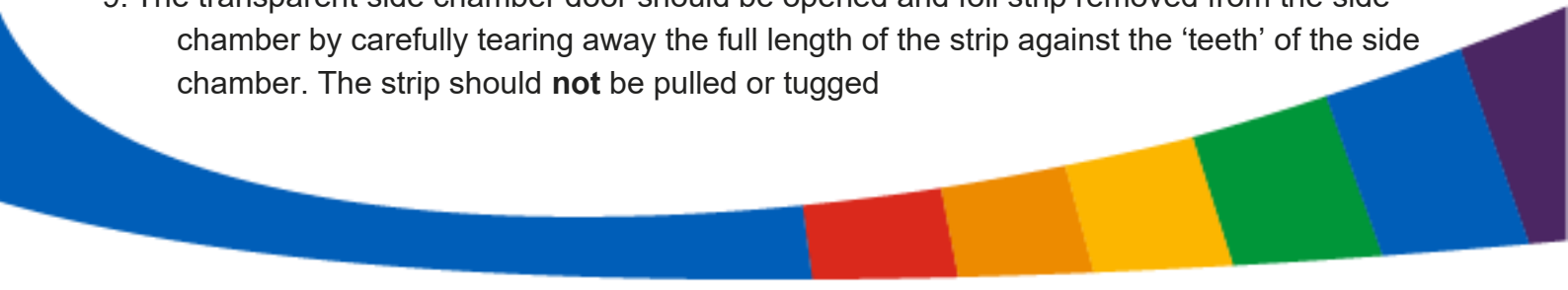
- **Do not** share your inhaler with anyone else
- **Never** swallow the capsules
- **Never** breathe out into your Zonda® inhaler
- Do not store your capsules in the device
- **Do not** place capsules directly into the mouthpiece, always place into the chamber
- Only press the piercing button in **once** to pierce the capsule, do this immediately before use
- Please note you will receive a new device with each new set of 30 Capsules
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Forspiro®

1. Hold the inhaler level; open the protective cap downwards to reveal the mouthpiece
2. To prepare the dose, make sure the transparent side chamber is closed and then lift up the edge of the white lever, this should be moved over as far as it will go until it clicks
3. Close the white lever fully so that it clicks back into its original position
4. Breathe out as far as is comfortable away from the mouthpiece
5. Place the mouthpiece in your mouth; closing your lips around it to form a good seal; do not bite
6. Keeping your chin up, breathe in **strongly** and **deeply** through the mouthpiece
7. Removing the inhaler from your mouth, hold your breath for about 10 seconds, or as long as is comfortable and then breathe out gently away from your inhaler mouthpiece
8. Wipe the mouthpiece and close the protective cap back over the mouthpiece once dose has been inhaled
9. The transparent side chamber door should be opened and foil strip removed from the side chamber by carefully tearing away the full length of the strip against the 'teeth' of the side chamber. The strip should **not** be pulled or tugged



Remember...

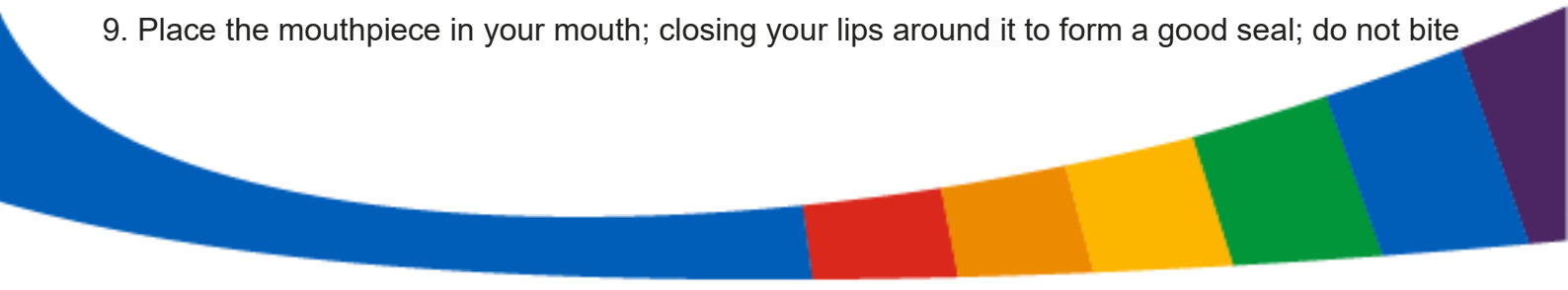
- **Do not** share your inhaler with anyone else
- **Do not** block the air vent with your fingers or mouth
- It is not normally necessary to clean your inhaler, though if needed do so with a dry cloth or tissue
- Rinse your mouth with water after using the inhaler
- The dose counter (next to the mouthpiece) should be checked to see how many doses are left. It should be between 1 and 60. If it is 0, dispose of this inhaler and use a new one
- The foil strips with black bars don't contain medication. There should never be more than 2 sections of foil strip in the side chamber as they may cause the inhaler to jam
- Don't play with the white lever until you are ready to take a dose as this will waste doses
- The inhaler should be held level with the protective cap pointing downwards
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

Tiogiva®

1. Open the dust cap (lid) by lifting the dust cap (lid).
2. Pull the dust cap (lid) upwards away from the base to expose the mouthpiece.
3. Open the mouthpiece by pulling the mouthpiece ridge up and away from the base so the centre chamber is showing.
4. Remove a capsule from the blister immediately before use and place the capsule in the centre chamber of your Tiogiva® inhaler. It does not matter which side of the capsule is up or down
5. Close the mouthpiece firmly against the grey base until you hear a click, leave the dust cap (lid) open.
6. Hold your dry powder inhaler with the mouthpiece pointed up.
7. Press the piercing button once fully in until it stops, then release.
8. Breathe out as far as is comfortable away from the mouthpiece.
9. Place the mouthpiece in your mouth; closing your lips around it to form a good seal; do not bite



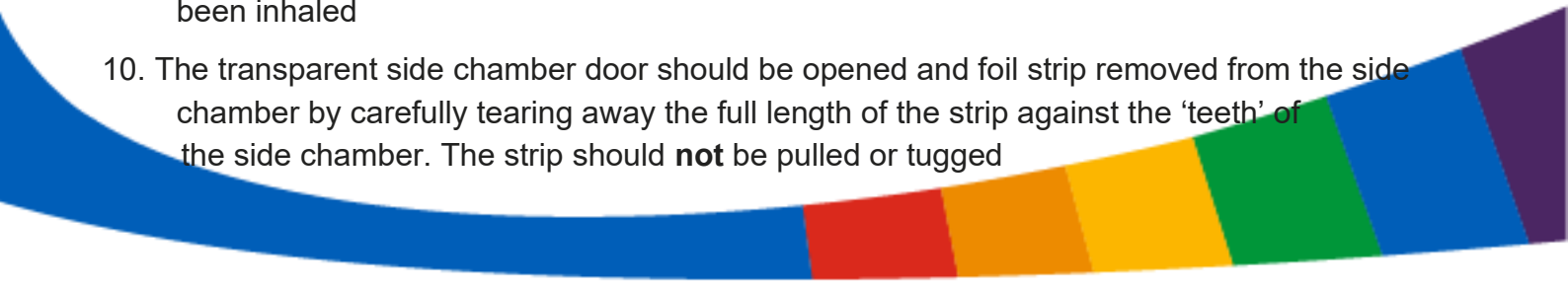
Remember...

- **Do not** share your inhaler with anyone else
- **Never** swallow the capsules
- **Never** breathe out into your Tiogiva® inhaler
- Do not store your capsules in the device
- **Do not** place capsules directly into the mouthpiece, always place into the chamber
- Only press the piercing button in **once** to pierce the capsule, do this immediately before use
- **Do not** shake your inhaler
- Take care not to block the air intake vents
- Please note the Tiogiva® inhaler device should be replaced every 180 days
- Always keep your reliever inhaler with you



Breathe in strongly and deeply

1. Hold the inhaler level; open the protective cap downwards to reveal the mouthpiece
2. Check the dose counter to see how many doses are left
3. To prepare the dose, make sure the transparent side chamber is closed and then lift up the edge of the white lever, this should be moved over as far as it will go until it clicks
4. Close the white lever fully so that it clicks back into its original position
5. Breathe out as far as is comfortable away from the mouthpiece, never breathe directly into the inhaler as this could affect the dose
6. Place the mouthpiece in your mouth with the protective cap pointing downwards; closing your lips around it to form a good seal; do not bite
7. Keeping your chin up, breathe in **strongly** and **deeply** through the mouthpiece
8. Removing the inhaler from your mouth, hold your breath for about 10 seconds, or as long as is comfortable and then breathe out gently away from your inhaler mouthpiece
9. Wipe the mouthpiece and close the protective cap back over the mouthpiece once dose has been inhaled
10. The transparent side chamber door should be opened and foil strip removed from the side chamber by carefully tearing away the full length of the strip against the 'teeth' of the side chamber. The strip should **not** be pulled or tugged



Remember...

- **Do not** share your inhaler with anyone else
- **Do not** block the air vent with your fingers or mouth
- It is not normally necessary to clean your inhaler, though if needed do so with a dry cloth or tissue
- Rinse your mouth with water after using the inhaler
- The dose counter (next to the mouthpiece) should be checked to see how many doses are left. It should be between 1 and 60. When you have reached the last 10 doses the numbers will be on a red background. If it is 0, dispose of this inhaler and use a new one
- The foil strips with black bars don't contain medication. There should never be more than 2 sections of foil strip in the side chamber as they may cause the inhaler to jam
- Don't play with the white lever until you are ready to take a dose as this will waste doses
- The inhaler should be held level with the protective cap pointing downwards
- Always keep your reliever inhaler with you



Breathe in strongly and deeply



Concept for inhaler technique cards from “7 Steps inhaler reminder cards, Simple Steps education”

Current at November 2025

Document produced by NHS Devon Medicine Optimisation Team