

How to use an Easyhaler Inhaler

Department of Respiratory

Information for Patients

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Introduction

Inhalers are commonly prescribed for people with lung diseases like asthma and chronic obstructive pulmonary disease (COPD). Inhalers give medicine straight to the lungs where it is needed.

Different types of inhalers are available, and most inhaled medicines are available in more than 1 type of inhaler. It is important to find the inhaler that you can use and are happy to use.

Why is using an inhaler correctly important?

It lets the correct dose of medicine reach your lungs. It gives you better control of your condition. It also helps to stop attacks (flare ups).

Examples of Easyhaler Inhalers

- Salbutamol Easyhaler
- Formoterol Easyhaler
- Budesonide Easyhaler
- Fobumix Easyhaler



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or call 111 for non-emergency medical advice**

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How do I use my inhaler?

1. Shake the device 3 to 5 times holding it in an upright position. Remove the mouthpiece cap.
2. Press the top of the device once. You will hear a click. Remove your finger from the top of the device before inhaling. Your dose is now ready. Keep holding the inhaler upright.
3. Breathe out as far as is comfortable. Do not do this into the inhaler. Breathing into the inhaler could clog it up.
4. Lift your chin up a little. Put the mouthpiece in your mouth closing your lips around it. Make sure your lips make a good, tight seal around the mouthpiece.
5. Breathe in as quickly and deeply as possible. Breathe in until you feel your lungs are full.
6. Remove the inhaler from your mouth. Hold your breath for up to 10 seconds or for as long as possible. Breathe out slowly away from the device then breathe normally.
7. Repeat steps if you need a second dose. Shake – click – inhale. Close the cap when done.

What can cause problems?

- Make sure to shake your Easyhaler before you load (click) the button.
- Keep the inhaler upright when clicking it.
- Start again with the shake – click – inhale steps if you:
 - click your Easyhaler by accident,
 - or if you have clicked it more than once,
 - or if you breathe out into the mouthpiece,
- You can remove the powder by tapping the mouthpiece on to a table top or the palm of your hand.
- If the medicine in your inhaler has a steroid, like budesonide Easyhaler or fobumix Easyhaler, rinse your mouth out with water or brush your teeth after use. This is to prevent infections such as oral thrush.
- Always read the package information leaflet that comes with your inhaler for any specific instructions. Speak to your pharmacist if you need any advice.

How do I look after my Easyhaler?

- Keep your inhaler clean and cover the mouthpiece when you are not using it. This will help you avoid problems like accidentally releasing a dose or breathing in dust from the mouthpiece.
- The medicine inside the inhaler is a powder. Water or damp air can ruin the medicine. The Easyhaler comes in a foil bag. Do not open the foil bag until you are ready to use the inhaler. This helps to keep the powder dry in the inhaler.
- Store your inhaler somewhere cool and dry. Do not leave it on hot windowsills and damp bathrooms.



- Store in a safe place out of the reach of children.
- You can clean the mouthpiece using a dry cloth or tissue only. Do this only if it is needed. Do not use water as the Easyhaler is sensitive to moisture.
- Always remember to check the use by date of your inhaler. Do not use it after the expiry date. Use a Fobumix Easyhaler within 4 months. Use a salbutamol or budesonide Easyhaler within 6 months of removing from the foil bag.
- The dose counter shows the number of doses left in the inhaler. The counter turns after every 5th click.
- When there are 20 doses left the dose counter starts to turn red. Make sure you have a replacement prescription.
- When the counter reaches 0 (zero) you need to replace the Easyhaler. Plan before to make sure you do not run out of inhalers, especially over holidays.

How do I know I am doing it right?

Ask your doctor, nurse or pharmacist to check that you have a good technique by showing them how you usually use your inhalers.

For a short inhaler technique video watch: www.asthmaandlung.org.uk/living-with/inhaler-videos/easyhaler or scan the QR code:



The environment and my inhaler

- To reduce waste, only order the inhalers that you need.
- You should not put your old or unwanted inhalers in your household rubbish or recycling bins. Take your old or unwanted inhalers to your local community pharmacy who will dispose of them in an environmentally friendly way.

Contact details:

Contact your GP / Practice team for more advice and support or call **NHS 111**.

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