

How to use a NEXThaler 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 to reach your lungs. It gives you better control of your condition. It also helps to stop attacks (flare ups).

Examples of Nexthaler Inhalers:

- Fostair nexthaler
- Trimbow Nexthaler



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or call 111 for non-emergency medical advice**

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How do I use my inhaler?

1. Hold the inhaler upright.
2. Open the mouthpiece cover fully.
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 and close your lips around it. Make sure your lips make a good, tight seal around the mouthpiece. Do not cover the air vents. These are the small holes on the side.
5. Breathe in as quickly and deeply as you can. You will hear a click. Keep breathing in until you feel your lungs are full. You may notice a taste when you take your dose.
6. Remove the inhaler from your mouth. Hold your breath for up to 10 seconds or for as long as you can. Breathe out slowly away from the device. Then breathe normally.
7. Move your inhaler back to the upright position. Close the cover fully checking the dose counter has gone down by one number. Repeat steps 1 to 6 for a second dose if needed.

What can cause problems?

- If you do not hear a click this could mean you are not inhaling strongly enough to take in the medicine out of the NEXThaler and to your lungs.
- Do not block the air vent or inhale through the air vent.
- Not holding your breath long enough after breathing in the medicine.
- You must put the cover over the mouthpiece when you have finished using the inhaler.
- The medication in your inhaler has a steroid. You must 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 Nexthaler?

- Keep your inhaler clean. Cover the mouthpiece when you are not using it. This will help stop dust gathering in the mouthpiece and you inhaling it.
- The medicine inside the inhaler is a powder. Water or damp air can ruin the medicine. The Nexthaler 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 Nexthaler 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 Fostair Nexthaler within 6 months. Use a Trimbaw Nexthaler within 6 weeks of removing from the foil bag.
- When the counter reaches 0 (zero) you need to replace the Nexthaler. 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/nexthaler 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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