

How to use your Accuhaler®

You have been prescribed an Accuhaler® to help manage your lung condition.

1. To open the Accuhaler®, hold the outer case in one hand and put the thumb of your other hand on the thumb grip. Push the thumb grip away until you hear a click, this reveals the mouthpiece.



2. Hold the Accuhaler® with the mouthpiece towards you. You can hold your Accuhaler® in either hand.
3. Slide the lever away from you until it clicks. Your dose is now ready.
4. Breathe out fully, away from the Accuhaler® device.
5. Put the mouthpiece to your lips and seal your lips around the mouthpiece.
6. Breathe in as quickly and deeply as you can until your lungs are full.
7. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
8. Breathe normally.
9. For a second dose, wait 30 seconds and repeat steps 3 – 8.
10. To close, slide the thumb grip back towards you until the inhaler clicks shut.

Always:

- Make sure that you order a new Accuhaler® before your present inhaler runs out.
- Check the dose counter on the top of the Accuhaler®. This tells you how many doses are left. The last **five** doses will appear in red.
- Make sure that the Accuhaler® is in date. The expiry date is on the back of the Accuhaler®.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece of the Accuhaler® thoroughly once a week with a clean, dry, single-use tissue. **Do not wash with water.**

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Aerochamber® Spacer

You have been prescribed an Aerochamber® Spacer to use with your pressurised Metered-Dose inhaler (pMDI) to help manage your lung condition.

1. To open the pMDI inhaler, remove the mouthpiece cover.
2. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister.
3. Shake the inhaler up and down 4 to 5 times.
4. Insert the mouthpiece of the inhaler into the flat end of the Aerochamber® Spacer.
5. Breathe out fully.
6. Put the mouthpiece of the spacer to your lips and seal your lips around the mouthpiece. If using an Aerochamber with a mask, apply the mask to face and ensure an effective seal.
7. Press the top of the inhaler canister once to release one dose into the spacer.
8. Breathe normally, in and out, five times. If the Aerochamber® makes a whistling sound, slow your breathing down.
9. Remove the Aerochamber® from your mouth.
10. For a second dose, wait 30 seconds and repeat steps 3 - 9.
11. Remove the inhaler from the spacer and replace the inhaler and Aerochamber® mouthpiece covers.



Always:

- Check the dose counter on the back of the inhaler (if your inhaler has one). This tells you how many doses are left.
- Some pMDIs do not have a dose counter. Make sure that you always have a spare inhaler at home.
- Make sure that the inhaler is in date. The expiry date is on the canister, the packet or the label.
- Replace the Aerochamber® spacer every 12 months.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

Cleaning the pMDI Inhaler:

- Wipe the inside and outside of the mouthpiece regularly with a clean dry tissue. Do not wash in water.

Cleaning the Spacer (Once a month):

- Remove the flat end of the Aerochamber® spacer.
- Wash both parts with warm water and washing up liquid. Rinse with warm water. Shake off excess water.
- Let the Aerochamber® Spacer air dry at room temperature before putting back together again. Do not use a towel to dry the Aerochamber® Spacer as this may cause static.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Easi-Breathe® Inhaler

You have been prescribed an Easi-Breathe® inhaler to help manage your lung condition.

1. Shake the inhaler up and down 3 to 5 times.
2. Hold the Easi-Breathe® upright and open the cap covering the mouthpiece. Your dose is now ready.
3. Breathe out fully, away from the inhaler.



4. Put the mouthpiece to your lips and seal your lips around the mouthpiece. Do not cover the air holes at the top of the device with your fingers.
5. Breathe in slowly and deeply until your lungs are full. You will hear a click and feel the dose when it is released. Do not stop breathing when the inhaler puffs the dose into your mouth. Carry on until you have taken a deep breath.
6. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
7. Breathe normally.
8. To close the inhaler, replace the cap.
9. For a second dose, wait 30 seconds and repeat steps 1 - 8.

Always:

- Make sure that you order a spare Easi-Breathe® before your present inhaler runs out.
- Make sure that the Easi-Breathe® is in date. The expiry date is on the inhaler box and inner canister.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece regularly with a clean dry tissue. Do not wash in water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Easyhaler®

You have been prescribed an Easyhaler® to help manage your lung condition.

1. To open the Easyhaler®, hold the inhaler device in one hand and remove the dustcap with the other hand.
2. Shake the device up and down 3 to 5 times.
3. Hold the device upright between thumb and forefinger. Press down once on the coloured button with your forefinger until you hear a click. Release your forefinger. Your dose is now ready.



4. Breathe out fully, away from the Easyhaler®.
5. Put the mouthpiece in your mouth and seal your lips around the mouthpiece.
6. Breathe in as quickly and deeply as you can until your lungs are full.
7. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
8. Breathe normally.
9. For a second dose, wait 30 seconds and repeat steps 2 - 8.
10. Replace the dustcap after use.

Always:

- Check the dose counter on the side of the Easyhaler®. This tells you how many doses are left. The last 20 doses will appear in red.
- Make sure that you order a spare Easyhaler® before your present inhaler runs out.
- Check the expiry of your Easyhaler® after it is removed from its original packaging. This may vary between 1 to 6 months. Please write down the date you opened the original packaging to help you remember.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece regularly with a clean dry tissue. Do not wash in water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Ellipta® inhaler

You have been prescribed an Ellipta® inhaler to help manage your lung condition.

1. To open the Ellipta® inhaler, slide the cover down until you hear a 'click'. Your dose is now ready.
2. Breathe out fully, away from the Ellipta® inhaler.
3. Put the mouthpiece to your lips and seal your lips around the mouthpiece. Do not block the air vent with your fingers.



4. Take one long, steady, deep breath in, until your lungs are full.
5. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
6. Breathe normally.
7. To close the inhaler, slide the cover upwards, as far as it will go.

Always:

- Make sure that you order a new inhaler before your present inhaler runs out.
- Check the dose counter on the front of the Ellipta®. This tells you how many doses are left. The last 10 doses will appear in red.
- The Ellipta® expires six weeks after removing it from the original packaging tray. Please write down the 'discard date' on the inhaler label in the space provided. After this date you should not use the inhaler.
- If using Relvar® or Trelegy® Ellipta®, rinse your mouth or clean your teeth after using your inhaler to prevent infection in your mouth.
- Keep your Ellipta® dry and clean.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece of the Ellipta® inhaler when necessary with a clean dry tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Genuair® Inhaler

You have been prescribed a Genuair® inhaler to help manage your lung condition.

1. To open the Genuair®, lightly squeeze the arrows marked on each side of the mouthpiece cover and pull off.
2. Hold the Genuair® with the mouthpiece towards you and the coloured button facing straight up. Do not tilt.
3. Press the coloured button all the way down and then release. Do not continue to hold the coloured button down.



4. Check that the coloured window at the front of the Genuair® is green. Your dose is now ready.
5. Breathe out fully, away from the Genuair® device.
6. Put your lips tightly around the mouthpiece. Breathe in as strongly and deeply as you can, until your lungs are full.
7. You will hear a click to tell you the dose is released. Keep breathing in after you have heard the click.
8. Remove the Genuair® and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. Make sure the coloured window has turned red. This confirms you have inhaled the dose correctly. If still green, repeat steps 2 – 9.
11. To close, replace the mouthpiece cover.

Always:

- Check the dose counter on the front of the Genuair®. This tells you approximately how many doses are left. The dose counter counts down slowly in intervals of 10, i.e. (60, 50, 40, 30, 20, 10). The last ten doses appear with a red-striped band.
- Make sure that you order a spare Genuair® before your present inhaler runs out.
- Make sure that the Genuair® is in date. The expiry date is on the Genuair® label.
- Replace after 60 days and return any partially used inhalers to your pharmacy. Please write down the date you opened the original packing to help you remember.
- Take your inhalers with you when you attend your GP, practice nurse or the hospital.
- Keep your Genuair® dry and clean.

Cleaning:

- If necessary, wipe the mouthpiece with a dry single-use tissue. Do not wash with water.

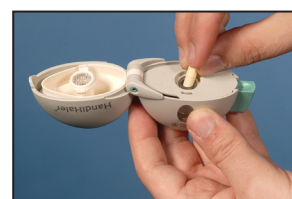
If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your HandiHaler®

You have been prescribed a HandiHaler® to help manage your lung condition.

1. To open the HandiHaler® dustcap, press the green button on the side once. Open the dust cap completely by pulling it upwards. Then open the capsule chamber by pulling the mouthpiece upwards.
2. Separate the blister strips by pulling along the perforation. Peel back foil (immediately before use) using the tab until one capsule is fully visible. Remove **one** capsule from the blister pack and place it in the capsule chamber.
3. Close the mouthpiece firmly until you hear a click.
4. Hold the HandiHaler® upright and press the green button on the side of the inhaler **once** only. Release the green button.
5. Breathe out fully, away from the HandiHaler®.
6. Put the mouthpiece to your lips and seal your lips around the mouthpiece.
7. Breathe in as strongly and deeply as you can until your lungs are full. You will hear the capsule rattle.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. Repeat steps 5 - 9 to make sure you get the full dose.
11. Open the mouthpiece. Tip out the used capsule and dispose of it.
12. Close the mouthpiece and the mouthpiece cover.



Always:

- Make sure that you order the refill capsules before your present capsules run out.
- Make sure that the capsules are in date.
- Peel back the foil for one capsule only at a time. If a second capsule is accidentally exposed to air, throw the capsule away.
- Replace the HandiHaler® device every 12 months.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece regularly with a clean dry tissue.
- To clean once a month: Open dustcap and mouthpiece. Open the base by lifting the green button. Rinse the device with warm water to remove any powder.
- Shake off excess water and leave the inhaler to air-dry for 24 hours.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your NEXThaler®

You have been prescribed a NEXThaler® to help manage your lung condition.

1. To open the NEXThaler®, hold the inhaler firmly in the upright position and open the red cover fully. Your dose is now ready.



2. Breathe out fully, away from the NEXThaler® device.
3. Put the mouthpiece to your mouth and seal your lips around the mouthpiece. Do not cover the air vents.
4. Breathe in through your mouth as strongly and deeply as you can until your lungs are full. You may notice a taste and hear a click when you take your dose.
5. Remove the NEXThaler® device and hold your breath for 5 to 10 seconds and then breathe out slowly.
6. Breathe normally.
7. Close the mouthpiece cover fully.
8. For a second dose, wait 30 seconds and repeat steps 1–7.

Always:

- Check the dose counter on the front of the NEXThaler®. This tells you how many doses are left.
- Make sure that you order a spare NEXThaler® before your present inhaler runs out.
- Make sure that the NEXThaler® is in date. The expiry date is on the NEXThaler® label.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, practice nurse or the hospital.
- Keep your NEXThaler® dry and clean.

Cleaning:

- If necessary, wipe the mouthpiece of the NEXThaler® with a clean, dry single-use tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your pressurised Metered-Dose Inhaler (pMDI)

1. To open the inhaler, remove the mouthpiece cover.
2. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister.
3. Shake the inhaler up and down 4 to 5 times.
4. If you are starting a new inhaler or have not used the inhaler for more than one week, point the mouthpiece away from you and press the canister to release one dose into the air.
5. Breathe out fully.
6. Put the mouthpiece to your lips and seal your lips around the mouthpiece.



7. Start to breathe in slowly and gently. As you begin to breathe in, press the top of the canister to release **one** dose. Continue breathing in slowly and gently until your lungs are full.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. For a second dose, wait 30 seconds and repeat steps 2 – 9.
11. To close, replace the mouthpiece cover.

Always:

- Check the dose counter on the back of the inhaler (if your inhaler has one). This tells you how many doses are left.
- Some pMDIs do not have a dose counter. Make sure that you always have a spare inhaler at home.
- Make sure that the inhaler is in date. The expiry date is either on the canister, packaging or label.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the inside and outside of the mouthpiece regularly with a clean dry tissue. Do not wash in water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Spiromax[®] Inhaler

You have been prescribed a Spiromax[®] inhaler to help manage your lung condition.

1. Hold the inhaler upright with the red mouthpiece cover at the bottom.
2. To open the Spiromax[®], fold the red mouthpiece cover down until one loud click is heard. Your dose is now ready.



3. Breathe out fully, away from the Spiromax[®] inhaler.
4. Put the mouthpiece to your lips and seal your lips around the mouthpiece. Do not cover the air vents above the mouthpiece.
5. Breathe in as strongly and deeply as you can until your lungs are full. You may notice a taste when you take your dose.
6. Remove the Spiromax[®] and hold your breath for 5 to 10 seconds and then breathe out slowly.
7. Breathe normally.
8. To close, fold the red mouthpiece cover up.
9. For a second dose, wait 30 seconds and repeat steps 1 – 8.

Always:

- Check the dose counter on the back of the Spiromax[®]. This tells you how many doses are left. The dose counter counts down in even numbers only, i.e. 60, 58, 56... The last twenty doses will appear in red.
- Make sure that you order a spare Spiromax[®] before your present inhaler runs out.
- Make sure that the Spiromax[®] is in date. The expiry date is on the back of the Spiromax[®].
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.
- Keep your Spiromax[®] dry and clean.

Cleaning:

- If necessary, you may wipe the mouthpiece of your Spiromax[®] with a dry cloth or tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Turbohaler®

You have been prescribed a Turbohaler® to help manage your lung condition.

1. To open the Turbohaler®, unscrew and lift off the white cover.
2. Hold the Turbohaler® upright with the coloured grip at the bottom.
3. Twist the grip as far as it can go one way and then twist it back again until you hear a click. Your dose is now ready.



4. Breathe out fully, away from the Turbohaler®.
5. Put the mouthpiece to your lips. Seal your lips around the mouthpiece.
6. Breathe in as quickly and deeply as you can until your lungs are full.
7. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
8. Breathe normally.
9. For a second dose, wait 30 seconds and repeat steps 2 - 8.
10. Replace cover after use.

Always:

- Check the dose counter on the side of the Turbohaler®. This tells you approximately how many doses are left. The dose counter counts down slowly in intervals of 10 i.e. 60, 50, 40, 30, 20, 10. A red band will start to appear on the dose counter when there are 20 doses left.
- Make sure that you order a spare Turbohaler® before your present inhaler runs out.
- Make sure that your Turbohaler® is in date. The expiry date is on the side of the Turbohaler®.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

Cleaning:

Wipe the mouthpiece regularly with a clean dry tissue. Do not wash in water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Volumatic® Spacer

You have been prescribed a Volumatic® Spacer to use with your pressurised Metered-Dose inhaler (pMDI) to help manage your lung condition.

1. Put the two parts of the spacer together so that they fit tightly.
2. To open the inhaler, remove the mouthpiece cover.
3. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister.
4. Shake the inhaler up and down 4 to 5 times.
5. Insert the mouthpiece of the inhaler into the flat end of the Volumatic® Spacer
6. Breathe out fully.
7. Put the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece.
8. Press the top of the inhaler canister once to release one dose into the spacer.
9. Breathe normally in and out, five times. Remove the spacer from your mouth.
10. For a second dose, wait 30 seconds and repeat steps 3 – 9.
11. Remove the inhaler from the spacer and replace the inhaler mouthpiece cover.



Always:

- Check the dose counter on the back of the inhaler (if your inhaler has one). This tells you how many doses are left.
- Some pMDIs do not have a dose counter. Make sure that you always have a spare inhaler at home.
- Make sure that the inhaler is in date. The expiry date is on the canister, the packet or the label.
- Replace the Volumatic® Spacer every 6 -12 months.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

Cleaning the pMDI Inhaler:

- Wipe the inside and outside of the mouthpiece regularly with a clean dry tissue. Do not wash in water.

Cleaning the Spacer (once a month):

- Pull apart the two parts of the Volumatic® Spacer.
- Wash both parts with warm water and washing up liquid. Rinse with warm water. Shake off excess water.
- Let the Volumatic® Spacer air dry at room temperature before putting back together again. Do not use a towel to dry the Volumatic® Spacer as this may cause static.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.

How to use your Zonda[®] inhaler

You have been prescribed a Zonda[®] inhaler to help manage your lung condition.

1. To open the Zonda[®] inhaler, pull the dustcap upwards. Hold the base of the Zonda[®] inhaler firmly and pull the mouthpiece upwards.
2. Immediately before use, remove one capsule from the bottle and close bottle tightly.
3. Place the capsule in the capsule-shaped compartment in the base of the inhaler. Close the mouthpiece firmly until you hear a click. To avoid the risk of choking, **never** place a capsule directly into the mouthpiece.



4. Hold the Zonda[®] inhaler upright and firmly press the white piercing button at the side of the inhaler once only to pierce the capsule. Release the white button.
5. Breathe out fully, away from the Zonda[®] inhaler.
6. Put the mouthpiece to your lips and seal your lips around the mouthpiece.
7. Breathe in slowly and deeply until your lungs are full. You will hear or feel the capsule vibrating inside the compartment.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. Repeat steps 5-9 to make sure you get the full dose.
11. Open the mouthpiece and tip out the empty capsule and dispose of it.
12. Close the mouthpiece and dustcap.

Always:

- Make sure that you order a new inhaler and capsules before your present capsules run out.
- Make sure that the capsules are in date. The expiry date is on the capsule bottle.
- Remove the capsule from the bottle immediately before use. Do not store the capsule in the Zonda[®] inhaler.
- Make sure you close the capsule bottle tightly after removing a capsule.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

Cleaning:

- Wipe the mouthpiece of the Zonda[®] inhaler when necessary with a clean dry tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.