

Good inhaler technique during the Coronavirus (COVID-19) pandemic

Taking your inhalers is a very important part of your treatment.

A good inhaler technique will help get the benefits from your inhaled medicine.



Useful links

- The correct use of your inhalers: www.asthma.org.uk/advice/inhaler-videos
- RightBreathe is an app for your phone, showing the various inhalers and correct technique.

General guide on the correct inhaler technique

All metered dose inhalers

1. Shake the device.
2. Remove the cover.
3. Check there is nothing in the inhaler mouthpiece.
4. Breathe out completely.
5. Place your lips around the inhaler mouthpiece.
6. Press the trigger to release the spray.
7. Inhale gently and as slowly and smoothly as you possibly can, as if you are sucking on a long straw of thick milkshake.
8. Hold your breath for 10 seconds.
9. Rinse your mouth.

Spiriva Respimat

1. Hold the inhaler upright, with the green cap closed.
2. Turn the base – in the direction of the red arrows on the label – until it clicks.
3. Open the green cap until it snaps open fully.
4. Breathe out slowly and fully, then close your lips around the mouthpiece.
5. Point your Spiriva Respimat inhaler towards the back of your throat.
6. While inhaling slowly and smoothly, press the dose release button.
7. Hold your breath for 10 seconds.
8. Rinse your mouth.

All dry powder inhalers

1. Load the dose according to the device instructions.
2. Remove the cover.
3. Breathe out completely.
4. Place your lips around the inhaler mouthpiece.
5. Inhale as strongly and as deeply as you can.
6. Hold your breath for 10 seconds.
7. Rinse your mouth.

We recommend that you use a spacer device with your metered dose inhaler. The drug is held in the chamber to make sure you inhale the medication more effectively and easily.

It helps the medicine reach your lungs – where it is needed – instead of being deposited at the back of the throat where it may be less effective or cause irritation.

Volumatic

1. Shake inhaler and insert into the volumatic device.
2. Place the mouthpiece in your mouth.
3. Start breathing in and out, slowly and gently – you will hear a clicking sound as the valve opens and closes.
4. Once your breathing pattern is established, depress the canister and leave the device in the same position as you continue to breathe – in and out – into the chamber several more times.
5. Remove the device from your mouth.
6. Wait about 30 seconds before repeating steps one to five.

Aerochamber

1. Shake inhaler and insert in the back of the aerochamber.
2. Place the mouthpiece in your mouth.
3. Press the canister once to release a dose of the drug.
4. Take a slow breath in. If you hear a whistling sound, you are breathing in too quickly and deeply.
5. Hold your breath for about 10 seconds, then breathe out through the mouthpiece.
6. Breathe in again but do not press the canister.
7. Remove the mouthpiece from your mouth and breathe out.
8. Wait a few seconds before taking a second dose and repeat steps one to seven.

Contact us

If you have any questions please ask your healthcare professional.

Pulmonary Rehabilitation

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Do you have feedback about our health services?

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Patient Advice and Liaison Service (PALS)

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