How did I do?

For video demonstrations on how to use your inhaler visit:

East Lancashire Medicines Management Board Website

Please make an appointment to reassess your inhaler technique in:

3 months		6 months		12 months	

Patient information leaflet for Breezhaler inhalers

How to use your Breezhaler inhaler

Inhalers are commonly prescribed for patients with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using your inhalers correctly is an important part of asthma or COPD treatment. You should be shown how to use inhalers properly by a healthcare professional when they are first prescribed.

You may occasionally experience problems using your inhalers, especially if it has been a while since you were shown the correct technique. This is very common and your healthcare professional can help you improve your inhaler technique.

Why is inhaler technique important?

- It allows the correct dose of medication to reach your lungs.
- It gives you better control of your condition.

Examples of Breezhaler inhalers	Onbrez Breezhaler
	Seebri Breezhaler

Checklist for Breezhaler use

1	Stand or sit upright when using your Breezhaler.
2	Pull the cap off the Breezhaler.
3	To open the Breezhaler hold the base and tilt the mouthpiece.
4	Separate one of the blisters containing the capsules from the blister pack by tearing along the perforations. Peel away the protective backing to expose the capsule.
5	With dry hands, remove capsule from the blister and place the capsule into the capsule chamber.
6	Close the Breezhaler until you hear a "click".
7	Hold the Breezhaler upright with the mouthpiece pointing up. Firmly press both side buttons together at the same time. Fully release the side buttons.
8	Do this only once. You should hear a "click" as the capsule is being pierced.
9	Breathe out fully and do not breathe in again yet.
10	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips. The side buttons should be facing left and right. Do not press the side buttons.
11	Breathe in rapidly (but steadily) and deeply. You should hear the capsule spinning in the Breezhaler making a whirring noise.
12	If you have heard the whirring noise, hold your breath for 5-10 seconds or as long as you comfortably can while taking the Breezhaler out of your mouth. Then breathe out.
13	Open the Breezhaler to see if any powder is still in the capsule. If there is still powder in the capsule repeat steps **9 to 12.**
14	After use, tip out the empty capsule (put in household waste) and close the Breezhaler.
15	Replace the cap.

Common problems

Common mistakes that people make with Breezhalers include:

- Not standing or sitting up to use the Breezhaler.
- Not holding the Breezhaler upright when using it.
- Piercing the capsule several times or not at all.
- Not inhaling strongly and deeply enough to draw the medication out of the Breezhaler and in to the lungs.
- Not taking a second inhalation to ensure you receive the full dose out of the capsule.
- Not holding your breath long enough after breathing in the contents.
- Not replacing the protective cap on the mouthpiece.

Useful tips

- Use a new capsule for each dose.
- Remove the capsule from the blister pack only immediately before use.
- The capsule is to be used in the Breezhaler NOT swallowed.
- The capsule must only be used with the Breezhaler inhaler provided.
- If you do not hear a whirring noise as you breathe in, the capsule may be stuck in the compartment. If this occurs, open the Breezhaler and loosen the capsule by prising it out of the compartment. Do not try to loosen the capsule by repeatedly pressing the buttons.
- Always close the Breezhaler after use.
- To clean the Breezhaler, wipe the mouthpiece and capsule compartment with a dry cloth or a clean soft brush.
- Speak to your nurse or pharmacist if you experience problems opening or using your Breezhaler.
- Always read the patient leaflet provided with your inhaler for any specific instructions.