

# 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. The dose is now ready.
4. Breathe out as far as is comfortable, away from the Accuhaler® device.
5. Put the mouthpiece to your lips. Breathe in as quickly and deeply as you can until your lungs are full.
6. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
7. Breathe normally.
8. To close, slide the thumb grip back towards you until the inhaler clicks shut.
9. For a second dose, wait 30 seconds and repeat steps 1 – 8.

## Always:

- 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 you order a spare Accuhaler® before your present inhaler runs out.
- 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.