

## How did I do?

**For video demonstrations on how to use your inhaler visit:**

[http://niformulary.hscni.net/PatientZone/A\\_COPD/ITVideo/Pages/default.aspx](http://niformulary.hscni.net/PatientZone/A_COPD/ITVideo/Pages/default.aspx)

**Please make an appointment to reassess your inhaler technique in:**

3 months		6 months		12 months	
----------	--	----------	--	-----------	--

## How to use your Aerolizer 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.

<b>Examples of Aerolizer inhalers</b>	Foradil Aerolizer
---------------------------------------	-------------------

### Checklist for Aerolizer use

<b>1</b>	Stand or sit upright when using your Aerolizer.
<b>2</b>	Remove the protective cap from the Aerolizer.
<b>3</b>	Hold the base of the Aerolizer firmly and turn the mouthpiece in the direction of the arrow to open.
<b>4</b>	Remove a capsule from the blister pack and place it in the capsule-shaped compartment in the base of the Aerolizer.
<b>5</b>	Twist the mouthpiece to the closed position until it clicks.
<b>6</b>	Keep the Aerolizer upright, firmly squeeze the two blue buttons once only then release the buttons. This will pierce the capsule.
<b>7</b>	Breathe out fully and do not breathe in again yet.
<b>8</b>	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips, tilt your head slightly backwards.
<b>9</b>	Breathe in quickly and deeply. You should hear the capsule spinning in the inhaler making a whirring noise.
<b>10</b>	If you have heard the whirring noise, hold your breath for about ten seconds or as long as you comfortably can while taking the inhaler out of your mouth. Then breathe normally.
<b>11</b>	Open the Aerolizer to see if any powder is still in the capsule. If there is still powder in the capsule, twist the

	mouthpiece back into the closed position then <b>repeat steps 7 to 10.</b>
<b>12</b>	After use, tip out the empty capsule and close the mouthpiece. Replace the cap.

### Common problems

Common mistakes that people make with Aerolizers include:

- Not standing or sitting up to use the Aerolizer.
- Not holding the Aerolizer 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 Aerolizer 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.
- Capsule is to be used in the Aerolizer NOT swallowed.
- The capsule must only be used with the Aerolizer 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 Aerolizer 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 Aerolizer after use.

- To clean the Aerolizer, 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 Aerolizer.
- Always read the patient leaflet provided with your inhaler for any specific instructions.