

Using your inhaler



The medicines optimisations team at NHS West Essex CCG is responsible for the effective use of medicines. The following guidance is provided by qualified pharmacists but please remember to always read the instructions and ask your pharmacist for help if you need it.

SALBUTAMOL

**RELIEVER
ONLY WHEN
REQUIRED**

**BLUE
INHALER**



Best use of Salbutamol inhalers

- ✓ All inhalers are important and each have a different purpose
- ✓ Salbutamol inhaler is a **RELIEVER** and should be used only when you get breathless
- ✓ So you should carry it with you at all times in case you get out of breath!
- ✓ If you are **ordering and using this inhaler every day or more than 3 or 4 times a week** then your symptoms may not be controlled and you should see your Doctor or Nurse for a review
- ✓ You can ask your **COMMUNITY PHARMACIST** for advice on how to use your inhalers at any time and *especially when you are given a new inhaler for the first time!*

Some MYTHS about Salbutamol inhalers *The following statements are FALSE*

- ✗ This inhaler is more important because it should be carried with me at all times
- ✗ I should use it every day without fail
- ✗ I should order this inhaler every month from the Doctor
- ✗ I have to go to the Doctors if I am unsure of or have questions about how to use my inhalers

Some MYTHS about Spacer Devices *The following statements are FALSE*

- ✗ I should order one every month with my inhaler
- ✗ I should dry it with a cloth

Best use of Spacer devices

- ✓ This device should be replaced **once a year**
- ✓ It should be cleaned weekly using warm soapy water and rinsed
- ✓ It should be left to **AIR DRY**
- ✓ Using a cloth will affect how well the device works



**INHALED
STEROIDS**

PREVENTER

**USE IT
DAILY!**

Best use of inhaled steroids (either used alone or as a combination device)

- ✓ Inhaled steroids are **PREVENTERS** which are important to use every day to prevent the symptom of breathlessness
- ✓ It should be used **EVERY DAY** without fail even if you are feeling well
- ✓ All medications have side effects which is why we recommend that you **RINSE YOUR MOUTH AFTER USE** and be on the **lowest dose which works for you**
- ✓ The best way to ensure that you take the **lowest dose is to use your inhaler as instructed** and ALWAYS HAVE YOUR **TECHNIQUE CHECKED BY YOUR DOCTOR, NURSE AND PHARMACIST**

Some MYTHS about inhaled steroids (either used alone or as a combination device) *The following statements are FALSE*

- ✗ They are dangerous
- ✗ I should just use it when I am unwell
- ✗ I only need to use it in the morning
- ✗ My throat feels irritated after I use my inhaler