

Inhaler technique

Accuhaler



Accuhaler

1	Hold the outer casing of the Accuhaler in one hand whilst sliding the thumb grip away until you hear a click.
2	Hold the Accuhaler with the mouthpiece towards you, push the lever down until it clicks. It is now ready for use.
3	Breathe out gently as far as comfortable and away from the Accuhaler.
4	Put the mouthpiece in your mouth and close your lips around it.
5	Breathe in as quickly and deeply as possible.
6	Remove the Accuhaler from your mouth and hold your breath for up to 10 seconds or for as long as comfortable, then breathe out slowly.
7	For a second dose, close the Accuhaler, wait 30 seconds and repeat steps 1 – 6. Replace mouthpiece cover after use.

Looking after your inhaler

Wipe the mouthpiece with a dry tissue to clean it.

If your inhaler contains a steroid ingredient, you should rinse your mouth with water or brush your teeth after using it; this is to prevent infections such as oral thrush.

References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK 'How to use your inhaler' videos. Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland "My Lungs My Life" videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGIBpe9Rx6KB3cnfykZq7CjSbD>
- 'Getting the basics right – Inhaler Technique' Primary Care Respiratory Society (2016)

For further support and information, please contact:

Royal Sussex County Hospital COPD Nurse Specialist: 01273 523109

Worthing Hospital Respiratory Nurse Specialists: 01903 205111 Ext. 85858

St Richard's Hospital Respiratory Nurse Specialists: 01243 788122 Ext. 32395

You can also contact your community pharmacist or practice nurse for advice.

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