

# Inhaler technique

# Breezhaler



# Breezhaler

1	<p>Pull off the mouthpiece cover. Hold the base firmly and tilt the mouthpiece backwards to open the capsule chamber.</p>
2	<p>Remove one capsule from the blister by peeling the backing away.</p> <p>The capsule contains medication in a dry powder. Do not swallow the capsule.</p> <p>Place the capsule in the capsule chamber. Close the mouthpiece until you hear a click.</p>
3	<p>Hold the inhaler upright with the mouthpiece pointing up</p> <p>Press both side buttons to pierce the capsule; you should hear a click</p> <p>Release the side buttons.</p>
4	<p>Breathe out as far as possible and away from the Breezhaler.</p>
5	<p>Put the mouthpiece in your mouth and seal your lips firmly around the mouthpiece.</p>
6	<p>Breathe in as quickly and deeply as you can. You will hear a whirring noise as you breathe in</p> <p>Take the inhaler from your mouth and hold your breath for up to 10 seconds. Then breathe out slowly</p> <p>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.</p>
7	<p>Open the inhaler and see if there is any powder left in the capsule. If there is, close the inhaler and repeat steps 4-7</p> <p>Remove the empty capsule and place in your household waste.</p> <p>Close the inhaler and replace the mouthpiece cover.</p>

## What's inside the box?



1. Breezhaler device with removal cover



2. Medication as a dry powder in blister packaging

## Looking after your Breezhaler

- Keep your inhaler dry and never wash it with water
- Wipe the mouthpiece inside and outside with a clean, dry, lint-free cloth to remove any powder residue
- Store the capsules in the original blister packaging. This will protect them from light and moisture
- Remove the capsule immediately before use.

## What if my inhaler did not make a noise when I inhaled?

The capsule may be stuck in the capsule chamber. If this happens, loosen the capsule by tapping the base of the inhaler. Inhale the medicine from Step 5.

## What if there is powder left inside the capsule?

You have not received enough of your medicine. Inhale the medicine from Step 5.

## 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=PLhiaAMAGIBpe9RxC6KB3cnfykZq7CjSbD>
- '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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