

Inhaler technique

Nexthaler



Nexthaler

1	Hold the NEXThaler in the upright position and open the mouthpiece cover fully
2	Breathe out as far as is comfortable for you and away from the NEXThaler
3	Seal your lips around the mouthpiece. Do not cover the air vents
4	Breathe in as strongly and deeply as you can
5	Remove the NEXThaler from your mouth and hold your breath for up to 10 seconds. Breathe out slowly Your inhaler contains a steroid ingredient and you should rinse your mouth with water or brush your teeth after using it; this is to prevent infections such as oral thrush
6	Close the mouthpiece
7	For a second dose, wait for 30 seconds and repeat steps 1 - 6

Remember 3 simple steps: 1. OPEN 2. INHALE 3. CLOSE

Looking after your NEXThaler

You may clean your inhaler using a dry cloth or tissue after use
Do not clean your inhaler with water or other liquids; keep it dry

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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