



Isle of Wight

NHS Trust



Patient Information Leaflet

Inhaler technique

Dry powder inhalers



Produced by:

This leaflet has been produced in memory of Tony Foxley, by the Respiratory Department in conjunction with Breathe Easy Isle of Wight

Date: August 2016

Review due: July 2018




SMOKEFREE
Isle of Wight

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Dry Powder Inhalers (DPIs) require a **hard, fast breath in** to trigger the inhaler.

Some dry powder inhalers contain multiple doses, and others require a capsule to be inserted for each separate dose, please check the instructions with your device for full details.

Common errors for dry powder inhalers include:

- tilting the device instead of keeping it in the correct position while loading the dose (horizontal for Accuhaler or vertical for Turbuhaler)
- failing to breathe out before your breath in
- failing to breath in completely
- breathing in too slowly and weakly
- breathing out into the device mouthpiece before or after breathing in
- failing to close the inhaler after use
- using past the expiry date or when empty

Examples of DPIs

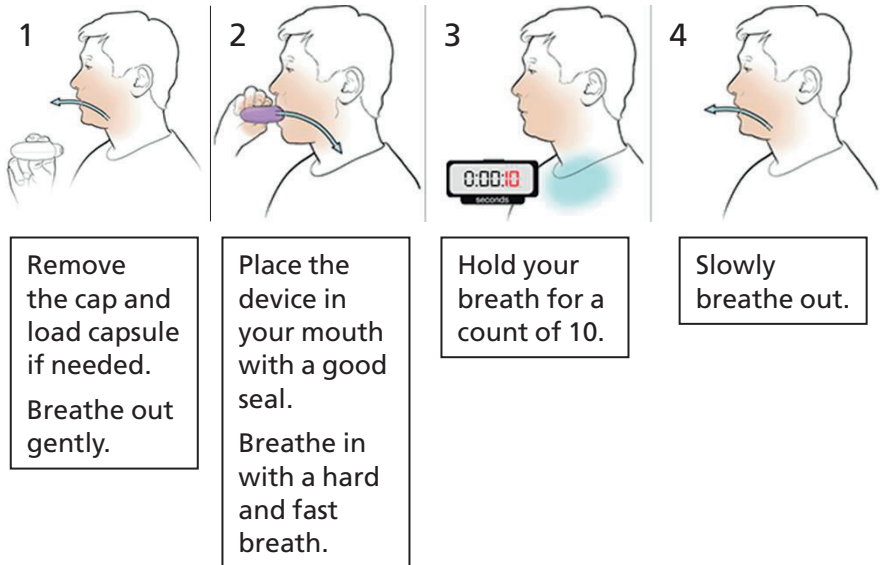
Dry powder inhalers come in many different forms. For all devices the key to using successfully is **breathing in hard and fast**.



How to use a dry powder inhaler

Each inhaler manufacturer has specific instructions for using their inhaler; the following are general instructions.

- 1) Remove the cap. For single use devices, load a capsule into the device as directed.
- 2) Breathe out slowly (not into the mouthpiece).
- 3) Place the mouthpiece between the front teeth and seal your lips around it.
- 4) Breathe in through the mouth **hard and fast** over two to three seconds.
- 5) Remove the inhaler from the mouth. Hold your breath for as long as possible aiming for 10 seconds.
- 6) Breathe out slowly.



It is extremely important to make sure you have good inhaler technique as this will ensure you are getting the best from your medication. You can regularly have your technique checked by your GP, practice nurse or Pharmacist; just ask.



Produced in **memory of Tony Foxley**, who campaigned passionately to ensure people were taught how to use their inhalers correctly.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: www.nhs.uk

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.