



Isle of Wight

NHS Trust



Patient Information Leaflet

Inhaler technique

Metered dose 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: May 2017

Review due: April 2019



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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

Pressurised metered dose inhalers (MDIs) require a **slow, deep breath in** coordinating with the triggering of the inhaler.

It is essential for the dose to be released at the same time or very soon after you start to breathe in – not before.

If you breathe in too rapidly, the medicine is more likely to get stuck at the back of your throat and not make it to your airways.

Common errors with pressurised metered dose inhalers include:

- failing to shake the inhaler before triggering
- holding the inhaler in wrong position
- failing to breathe out fully before triggering the inhaler
- triggering the inhaler too early or when you are breathing out
- triggering the inhaler too late during your breath in
- triggering the inhaler more than once while breathing in
- breathing in too rapidly
- failing to hold your breath long enough after breathing in
- multiple triggers of the inhaler without shaking between doses

The use of a spacer with a pressurised metered dose inhaler can help reduce problems with timing the breath and triggering the device. It will also reduce the amount of medicine in the mouth and throat rather than the airways. Please speak your health care professional if you think a spacer would be helpful for you.

Examples of MDIs

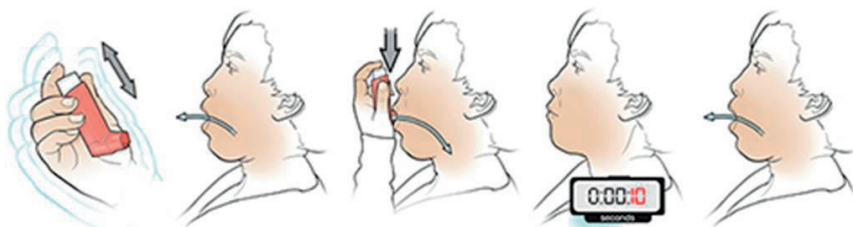
Metered dose inhalers come in many different forms. For all devices the key to using successfully is **breathing in slowly and deeply**.



How to use a metered dose inhaler

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

- 1) Remove cap and shake inhaler.
- 2) Breathe out gently.
- 3) Put mouthpiece in mouth between the front teeth and seal your lips around it.
- 4) At the start of your **slow and deep breath in**:
 - for breathe and press inhalers, press canister down or button in (depending on device), to trigger the inhaler and continue to **breathe in slowly and deeply**
 - for breath actuated inhalers (those triggered by your breath in), continue to **breathe in slowly and deeply** to trigger the inhaler
- 5) Hold breath for 10 seconds, or as long as possible then breathe out slowly
- 6) Wait for a few seconds before repeating steps 2–4 if a second dose is needed



Remove cap and shake inhaler.

Breathe out gently.

Breathe in and press to trigger if needed.

Hold your breath for a count of 10.

Slowly breathe out.

How to use your inhaler with a spacer

- 1) Take off the cap and shake the inhaler.
- 2) Put the inhaler into the end of your spacer.
- 3) Breathe out gently as long as feels comfortable.
- 4) Put the mouthpiece between your teeth and lips, making a seal so no medicine can escape (if your spacer has a face mask ensure there is a good seal over your nose and mouth, so no medicine can escape).
- 5) Press the canister to put one puff of your medicine into the spacer.
- 6) **Breathe in slowly and steadily** (not hard and fast) through the mouthpiece.
- 7) Remove the spacer from your mouth and hold your breath for 10 seconds (or for as long as is comfortable) then **breathe out slowly through your nose**.
- 8) If you need a second dose, wait 30 seconds, remove the inhaler, shake it and repeat the steps above.

OR, if you find it hard to hold your breath, carry out steps 1 to 6 as above, then:

Keep the spacer in your mouth with your lips sealed around it and breathe in and out of the mouthpiece five times. Repeat the steps for each dose needed.

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.

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.