

Patient Information

How to use an Accuhaler



"Open"

1. **Open the Accuhaler** by holding the outer casing in one hand whilst **pushing the thumb grip** away until a click is heard
2. Hold the Accuhaler at a **horizontal level** with the mouthpiece towards you, **slide the lever away** until it clicks. This makes the dose available for inhalation and moves the dose counter on

"Breathe out then breathe in"

3. **Breathe out** gently away from the **Accuhaler** (to make room in your lungs to breathe in deeply)
4. Holding the Accuhaler level put the mouthpiece in your mouth and **form a tight seal** with your lips
5. **Breathe in steadily and deeply** through your mouth to fill your lungs (you will need to **breathe in faster** than with an Metered Dose Inhaler (**MDI**))
6. Remove the Accuhaler from your mouth and **hold your breath** for up to 10 seconds, (to allow the drug to settle in your lungs), then **breathe out** slowly

"Close"

7. **Close the casing** unit by sliding the thumb grip back towards you as far as it will go until it clicks. **This will prime the Accuhaler for your next dose**
8. If a second dose is required **repeat steps 1 to 7**

Breathe in deeply!

The dose counter counts down from 60 to 0. The last 5 numbers are red.

To see a demonstration on correct inhaler technique visit

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>

**Always rinse your mouth, gargle and spit out after using steroid inhalers
(E.g. Beclometasone, Fluticasone (Fostair, Symbicort, Seretide))**

Follow the information sheet supplied on how to look after your inhaler.