

Metered Dose Inhaler (MDI)

The purpose of this leaflet is to provide you with information about using an inhaler. If you have any questions after reading this leaflet, please ask your nurse.

Inhaler technique

Good inhaler technique is very important as 10-15% of the medication reaches the lower airways. Please follow the instructions below:

1. Stand or sit upright.
2. Remove the dust cap from the inhaler.
3. Shake the inhaler well.
4. Hold the inhaler upright, with your thumb on the base.
5. Take a deep breath in, and then breathe all the way out.
6. Place the mouthpiece in the mouth, sealing your lips firmly around it.
7. Start to breathe in and at the same time press the top of the inhaler fully once, then release.
8. Continue to breathe in slowly and deeply.
9. Hold your breath for 10 seconds or as long as is comfortably possible.
10. If a second dose is required, take a short rest of about 30-60 seconds, and repeat steps 3-9 for each puff of each inhaler.
11. Always replace the dust cap after use.
12. Always remember to gargle with water after using your inhalers and spit out the residue.

Further information

Correct technique

- This technique may need to be practised several times. If you see a mist coming from the top of the inhaler, or the sides of the mouth, the technique is incorrect and needs more practice.

How long will my inhalers last?

- All inhalers that contain pressurised gas, will only last as long as the number of doses stated on the box. For example, Salbutamol inhaler has 200 doses. If it is being used 2 puffs, 4 times daily it will only last 25 days.

Disposal and recycling

- Councils cannot recycle inhalers and many of them release potent greenhouse gases if the canisters are pierced. However, participating pharmacies can recycle inhalers, including Lister Hospital in Stevenage, and the QEII Hospital in Welwyn Garden City.

To find the nearest participating pharmacy, visit www.pharmacyfinder.completethecycle.eu

Patient Inhaler/Medication Details

Patient name

Date

• Drug Name

Inhaler Colour

Dose: Take puffs, when

• Drug Name

Inhaler Colour

Dose: Take puffs, when



Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Respiratory Nurse Specialist Helpline:

- Telephone 01438 285995

Respiratory Secretary:

- Telephone 01438 285621

Leaflet information

You can request this information in a different format or another language;
please speak to your doctor or nurse.

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