

Inhaler Technique

The Easi-Breathe is a breath-actuated device, which will automatically fire when you begin to breathe in.

1. Stand or sit upright
2. Shake the inhaler vigorously, holding it upright
3. Prime the inhaler by opening the cover in a downward motion
4. Before you use the inhaler breathe all the way out
5. Place mouthpiece in mouth, sealing lips firmly around it
6. Please ensure you are not blocking the air entry holes at the top of the inhaler
7. As you breathe in slowly and deeply the inhaler will automatically fire, continue until you have taken a deep breath
8. Hold breath for 10 seconds or as long as comfortably possible
9. After using the inhaler always replace the dust cap immediately
10. Always remember to gargle with water after using your preventer inhaler and spit out the residue
11. If you need to take more than one puff, rest for a minute and repeat from step 1

Further advice:

- How long my inhalers will last: All inhalers which contain pressurised gas, will only last as long as the number of doses stated on the box.
E.g. Salbutamol inhaler has 200 doses. If it is being used 2 puffs 4 times daily it will only last 25 days.
- Ensure inhaler is wiped clean with a lint-free cloth.

You can request this information in a different format or another language.

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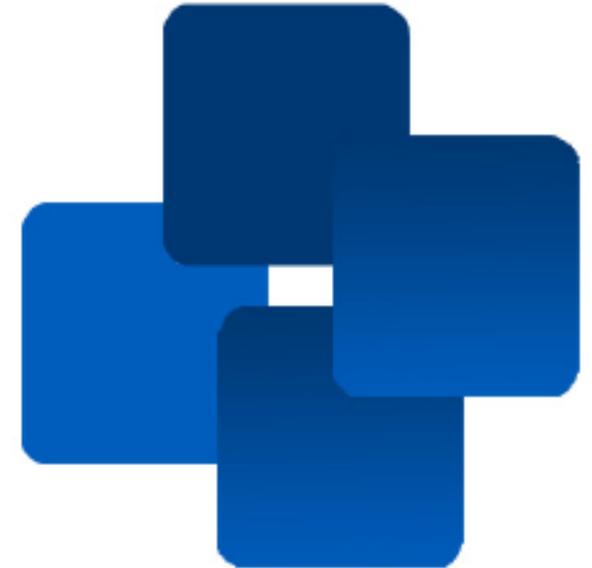
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Department of Respiratory Medicine

Easi-Breathe information leaflet



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