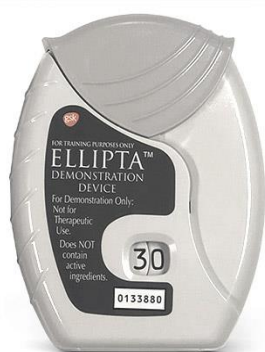


## INFORMATION FOR PATIENTS

# How to use the Ellipta inhaler

This leaflet will inform you how to use the Ellipta inhaler device correctly.



Only open the packaging when you are ready to begin using your inhaler. You should use your Ellipta inhaler within 6 weeks of opening.

Your Ellipta inhaler contains a 30 dose supply and is to be used every day; one inhalation once daily at the same time each day. The device is manufactured in a variety of colours, depending on which medication it contains.

**Do not use your Ellipta inhaler to relieve a sudden attack of breathlessness or wheezing. If you get this sort of attack you should use a quick acting reliever inhaler (such as Salbutamol).**

Only open the cover once you are ready to take a dose. If you open and close the cover without inhaling the medicine, the dose will be lost.

To effectively use your Ellipta inhaler, follow this step-by-step guide:

1. Use only as prescribed.
2. Slide the cover down until you hear a click.
3. While holding the inhaler away from your mouth, breathe out as far as is comfortable.
4. Put the mouthpiece between your lips and close your lips firmly around it.
5. Take one long, steady, deep breath in and hold this breath for at least 3-4 seconds.
6. Remove the inhaler from your mouth and breathe out slowly and gently.
7. Slide the cover upwards as far as it will go to cover the mouthpiece.

### Please note:

- It may not be possible to taste or feel the medicine, even when using the inhaler correctly.
- Do not shake the inhaler, block the air vents with your fingers, or breathe out into the inhaler.
- The dose counter will count down by one unit at a time.
- If the dose counter does not count down as you hear the click, the inhaler will not deliver the required dose. If this happens take the inhaler back to the pharmacy.

If your inhaler contains a steroid medication, remember to rinse your mouth afterwards to prevent soreness.

### **How to store your Ellipta**

Keep in a clean and dry place, away from the reach of children and pets. Always refer to the manufacturers guidelines.

### **Contact details**

Respiratory Specialist Nurse  
Cardiorespiratory Department (Clinic 4)  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Telephone:** 01623 622515, extension 6831, 3541 or 6324. Lines are open Monday to Friday between 9am-5pm.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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