

INFORMATION FOR PATIENTS

How to use an Easyhaler

This leaflet will inform you how to use an Easyhaler.

General information:

- Always read the patient information leaflet which comes with this inhaled medication.
- A protective cover is available for the Easyhaler.
- The inhalation powder is susceptible to humidity.
- Only release the medication from the device immediately prior to inhalation.
- This contains lactose and will taste sweet.
- If your Easyhaler contains steroid medication, remember to rinse your mouth after using it to prevent soreness.



How to use:

1. Use only as prescribed.
2. Shake the device, and then hold the device in an upright position.
3. Remove the mouthpiece cap.
4. Press the top of the device once. You will hear a click. Ensure you remove your finger from the top of the device before inhaling. This prevents the vents on top of the device being blocked.
5. Breathe out normally, and then place the mouthpiece of the Easyhaler between your teeth. Close your lips around the mouthpiece.
6. Take a strong and deep breath in through the device. Hold your breath for five to ten seconds and then breathe out, away from the device.
7. Repeat steps 2-6 if you need to take another dose of inhaled medicine.
8. Replace the mouthpiece cap.
9. If you click your easyhaler by accident, or if you have clicked it more than once, or if you breathe out into it, tap the mouth piece to empty the powder on to a table top or the palm of your hand. This ensures proper dosing. Then start again with steps 2-6.

How to clean the Easyhaler

The mouthpiece should be cleaned, if needed, using a dry cloth only.

How to store the Easyhaler:

- Store away from extremes of temperature.
- Always keep the device in the protective cover if one is provided.
- Always replace the mouthpiece after use if a protective cover is not used.
- Always keep the device in a dry place.
- Store in a safe place away from young children.

Replacement of the Easyhaler:

- The device should be replaced as per the manufacturer's instructions.
- The counter counts down from 200 doses.
- The counter turns after every five uses.
- There are 20 doses left when the counter turns red.
- When it shows zero (0), the device should be replaced by obtaining a further prescription.
- Do not use after the expiry date.

Contact details

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

Telephone: 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am–5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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