

INFORMATION FOR PATIENTS

How to use an Easi-Breathe inhaler

This leaflet will inform you how to use an Easi-Breathe inhaler.

Always read the patient information leaflet which comes with this inhaled medication.



This is an Easi-Breathe inhaler device, which comes in different colours indicating different medicines.

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

The benefit of using your inhaler correctly is that your asthma or chronic obstructive pulmonary disease (COPD) will be controlled more effectively.

Incorrect use of your inhaler may result in reduced control.

To use your Easi-Breathe inhaler device effectively follow this step-by-step guide:

1. Use only as prescribed.
2. Shake the inhaler.
3. Hold the inhaler upright and pull the cap down.
4. Breathe out gently and keep the inhaler upright. Then put the mouthpiece in the mouth and close lips and teeth around it.
5. The air holes on the top must not be blocked by the hand.
6. Breathe in steadily through the mouthpiece. **DON'T STOP** breathing when the inhaler puffs and continue taking a really deep breath.
7. Hold the breath for about ten seconds.
8. For a second dose, wait a few seconds before repeating steps 1-7.
9. After use, hold the inhaler upright and immediately close the cap.

How to clean the Easi-Breathe:

- Unscrew the top.
- Keep the top of the body casing dry at all times.
- Wipe the inhaler casing with a dry cloth.

- Clean weekly.

How to store the Easi-Breathe:

- Store away from extremes of temperature.
- Do not freeze.
- Do not puncture, break or burn the canister, even when empty.
- Store in a safe place away from young children.

Replacement of the Easi-Breathe:

- The device is not refillable and should be disposed of once empty.
- Do not use after the expiry date.

Contact details

Respiratory Specialist Nurses
Respiratory Department
Level 4
Kings Mill Hospital
Sutton-in-Ashfield
Notts
NG17 4JL

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.

To be completed by the Communications office

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