

## INFORMATION FOR PATIENTS

# How to use an Accuhaler

This leaflet will inform you how to use an Accuhaler.

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



This is an Accuhaler device and comes in different colours indicating different medicines.

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 Accuhaler device effectively follow this step by step guide:

- 1 Use only as prescribed.
- 2 Open the Accuhaler by holding the outer casing of the Accuhaler in one hand, while pushing the thumb grip away until a click is heard.
- 3 Hold the Accuhaler with the mouthpiece towards you and slide the lever away until it clicks. This makes the dose available for inhalation and moves the dose counter on.
- 4 Holding the Accuhaler level, breathe out gently away from the device, put the mouthpiece in the mouth and breathe in steadily and deeply.
- 5 Remove the Accuhaler from the mouth and hold your breath for about ten seconds.
- 6 For a second dose, repeat steps 1-5.
- 7 To close, slide the thumb grip back towards you as far as it will go until it clicks.

### How to clean the Accuhaler

- To clean, wipe the mouthpiece of the Accuhaler with a dry tissue only
- Do not wash

### How to store the Accuhaler

- Each dose of medicine is sealed in a separate blister in a foil strip within the device
- Only the primed dose is susceptible to damp
- Store away from extremes of temperature
- Store in a safe place away from small children

### Replacement of the Accuhaler

- Accuhaler contains 60 doses
- Counts down from 60 – numbers in black
- Last five numbers in red
- Counter remains on 0 when empty and should be replaced
- Do not use after the expiry date.

### Contact details

If you require any help, advice or support please contact:

Respiratory Specialist Nurse  
Cardio-Respiratory Department (Clinic 4)  
King's Treatment Centre  
King's Mill Hospital  
01623 622515 ext 6831, 3541 and 6324  
Monday – Friday, 9am–5pm

### Further sources of information

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

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. Stating a web address does not imply we endorse a particular site. Neither does not stating a web address imply lack of endorsement.

### Patient Advice and Liaison Service (PALS)

The PALS team is available to help with any of your comments, compliments or concerns and will ensure a prompt and efficient service. Contact details:

- King's Mill Hospital **01623 672222**  
(out of hours answer phone)  
Email: [Pals.kmh@sfh-tr.nhs.uk](mailto:Pals.kmh@sfh-tr.nhs.uk)
- Newark Hospital **01636 685692**  
(out of hours answer phone)  
Email: [Pals.nwk@sfh-tr.nhs.uk](mailto:Pals.nwk@sfh-tr.nhs.uk)

If you need this information in a different language or format, please contact PALS, as above.

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