

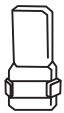






Common inhaler devices

Device	Guide to use (see product information for more details)	Important points	
<p>Metered dose inhaler (MDI)</p> 	<ul style="list-style-type: none"> remove cap and shake MDI exhale place mouthpiece in mouth and tilt head back slightly start to breathe in slowly and deeply 	<ul style="list-style-type: none"> at the same time as breathing in press down on canister to actuate one puff continue to breathe in hold breath for at least 10 seconds breathe out slowly if a second dose is required repeat above 	<p>Clean at least once a week. To do so:</p> <ul style="list-style-type: none"> remove metal canister and mouthpiece cover rinse plastic casing under warm running water dry thoroughly replace the metal canister and mouthpiece cover. <p>DO NOT put the metal canister in water.</p>
<p>Accuhaler® (dry powder inhaler)</p> 	<ul style="list-style-type: none"> open using thumbgrip to expose the mouthpiece and dose release lever slide the dose release lever away from you as far as possible until a "click" is heard (dose ready for inhalation) exhale away from device place in mouth and breathe in a deep steady breath 	<ul style="list-style-type: none"> hold breath for at least 10 seconds close by sliding thumbgrip towards you until it clicks shut if a second dose is required, repeat above after use rinse mouth thoroughly with water and expel 	<p>The device has a dose counter which shows the number of doses remaining.</p>
<p>Aerolizer® (dry powder inhaler)</p> 	<ul style="list-style-type: none"> remove cover and swing the mouthpiece away from the base of the device load one capsule (filled with eformoterol) and close holding upright, depress levers on either side of device to pierce capsule 	<ul style="list-style-type: none"> exhale away from device place in mouth and breathe in deeply hold breath for at least 10 seconds if a second dose is required repeat above after use rinse mouth thoroughly with water and expel 	<p>Aerolizer® is used with eformoterol (Foradile®) capsules.</p>
<p>Autohaler® (breath-activated MDI)</p> 	<ul style="list-style-type: none"> remove cap hold upright and push lever to upright position shake breath-activated MDI and exhale place mouthpiece in mouth ensure hands are not covering the air vents at the bottom of the device 	<ul style="list-style-type: none"> breathe in with a deep steady breath (click and whoosh noise indicates dose released); continue to breathe in strongly hold breath for at least 10 seconds breathe out slowly return the lever to the downward position if a second dose is required repeat above 	<p>Clean once a week. To do so:</p> <ul style="list-style-type: none"> remove cap wipe mouthpiece with a clean, dry cloth or tissue replace cap. <p>To check if empty:</p> <ul style="list-style-type: none"> push lever to upright position tap mouthpiece on hand if a click and whooshing sound is heard it is not empty if only a click is heard it is empty.
<p>Handihaler® (dry powder inhaler)</p> 	<ul style="list-style-type: none"> open the dustcap and then open the mouthpiece put a capsule in the chamber close the mouthpiece firmly until a click is heard hold with the mouthpiece upwards and press the green button completely in once to pierce capsule 	<ul style="list-style-type: none"> breathe out completely place in mouth and breathe in slowly and deeply hold breath for at least 10 seconds repeat previous three steps to empty capsule completely open the mouthpiece and tip out the used capsule 	<p>Handihaler® is used with tiotropium (Spiriva®) capsules.</p> <p>Clean once a month. To do so:</p> <ul style="list-style-type: none"> open the dust cap and mouthpiece, then open the base by lifting the piercing button rinse inhaler with warm water and air dry leaving dust cap, mouthpiece and base open it takes 24 hours to dry, so clean it immediately after use clean outside of mouthpiece with a moist tissue if needed.
<p>Turbuhaler® (dry powder inhaler)</p> 	<ul style="list-style-type: none"> remove cap hold upright while turning base once to the right, and then back to the left until a click is heard (dose ready for inhalation)* exhale away from device 	<ul style="list-style-type: none"> place mouthpiece in mouth and breathe in forcefully and deeply remove from mouth before exhaling if a second dose is required, repeat above after use rinse mouth thoroughly with water and expel 	<p>Dose window indicates if doses remain. Common errors include:</p> <ul style="list-style-type: none"> not holding device upright when loading dose exhaling into device inhaling too slowly.
<p>Spacer</p> 	<p>Use with an MDI; requires less hand-breath coordination.</p> <ul style="list-style-type: none"> shake inhaler and insert MDI mouthpiece into spacer place mouthpiece in mouth and exhale actuate MDI slow deep inhalation from the spacer 	<ul style="list-style-type: none"> hold breath for 5–10 seconds, or breathe in and out normally through the spacer for 4 breaths if a second dose is required, repeat above <p>Large volume spacers (651–850 mL) are more efficient than small volume spacers (60–160 mL) but less convenient to carry.</p>	<p>For optimum delivery only one actuation should be released into the spacer at one time. Multiple actuations result in increased drug loss.</p> <p>Spacers should be washed before initial use and then once a month. Cleaning:</p> <ul style="list-style-type: none"> wash spacer in warm water and detergent allow to air dry without rinsing or drying with a cloth.
<p>Nebuliser</p>	<ul style="list-style-type: none"> Review individual nebuliser instructions. 		<p>Use of an MDI with a spacer for short-acting beta₂agonists has been shown to be at least as effective as a nebuliser in acute asthma.</p>

*First-time use of each Turbuhaler® requires priming with one click (turn base completely to the right and then to the left). However, when using Symbicort® Turbuhaler® for the first time, repeat this process (so that two clicks are heard) before loading a dose.

For more information about the above medicines consult the *Australian Medicines Handbook 2006* and the approved product information for the medicine. For more information, telephone TAIS on 1300 138 677. Reproduced with permission.