

Asthma Medication Delivery Devices Dry Powder Inhalers



How are asthma medications taken?

Asthma medications can be inhaled (breathed in) or taken orally (swallowed). Most people use inhaled asthma medication because:

- Medication goes directly to the lungs.
- Smaller doses can be given therefore fewer side effects are experienced.

Inhalers need to be used correctly to ensure maximum benefits are achieved. This means that:

- Asthma improves more rapidly.
- Better control is maintained.
- Less medication is needed.
- Fewer side effects are experienced.

There are two types of inhalers:

1. Aerosol inhaler (puffer)
2. Dry powder inhaler

This pamphlet is about Dry Powder Inhalers only.

Important points to remember with all dry powder devices:

- Always hold the devices upright when loading the medication. This stops the powder from falling out.
- Always check the amount of medication left in your device. Doses may be indicated on the device.
- Keep dry powder devices away from moisture and do not blow into them.
- Correct inhaler use is very important. Have your technique checked regularly by your doctor, pharmacist or asthma educator.

Disclaimer: This pamphlet is published for information only. Any person with asthma should seek medical advice.

Dry powder inhalers require a deep inhalation to get the medication into your lungs. They include:

- 1.1 Turbuhaler
- 1.2 Accuhaler
- 1.3 Aerolizer

1.1 Turbuhaler

When using a Turbuhaler a deep inhaled breath is required to get the medication into the lungs. This may be difficult for young children and adults who are short of breath. It is wise to have a puffer and spacer available for emergencies.

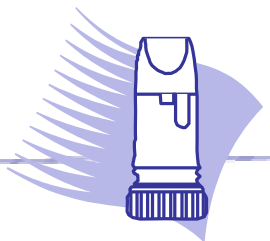
The indicator on the side of the device will either highlight the doses left in the device (*Symbicort*) or it will appear red to indicate that it is nearly empty (*Bricanyl* and *Pulmicort*).

Using a Turbuhaler correctly:

1. Unscrew and lift off the cap.
2. Hold the Turbuhaler upright.
3. Twist the coloured base to the right then the left, until it clicks.
4. Breathe out gently away from the Turbuhaler. Do not blow into it.
5. Put the mouthpiece in the mouth ensuring a good seal is formed with the lips.
6. Breathe in through your mouth forcefully and deeply for approximately 5 seconds.
7. Remove the Turbuhaler from your mouth before breathing out.
8. Replace the cap.

Cleaning a Turbuhaler correctly:

Wipe mouthpiece with a clean dry tissue.



1.2 Accuhaler

Using an Accuhaler correctly:

1. Hold the Accuhaler by its base in one hand.
2. Place the thumb of the other hand in the thumb grip.
3. Open the Accuhaler by pushing the thumb grip around until it clicks.
4. Slide the lever until it clicks.
5. Breathe out away from the Accuhaler.
6. Put the mouthpiece in the mouth ensuring a good seal is formed with the lips.
7. Breathe in steadily through your mouth (approximately 5 seconds).
8. Remove the Accuhaler from your mouth. (hold for approximately 10 seconds).
9. Breathe out slowly.
10. Close Accuhaler.

Cleaning an Accuhaler correctly:

Wipe mouthpiece with a clean dry tissue

The Accuhaler contains powdered medication. It holds 60 doses of medication. A count down marker on the device indicates how much medication is left.

1.3 Aerolizer

The aerolizer (used only for *Foradile*) contains powdered medication in a capsule. The medication is released when the blue buttons on the base are pressed, piercing the capsule.

Using an Aerolizer correctly:

1. Lift off the blue cap.
2. Hold the blue base with one hand and with the other grasp the white mouthpiece and turn in the direction of the arrow.
3. Remove a capsule from the blister pack and place in the slot inside the blue base.
4. Twist the mouthpiece back into place.
5. Hold the Aerolizer upright and firmly squeeze the two blue buttons on the side until the capsule is pierced.
6. Breathe out away from the mouthpiece.
7. Place the mouthpiece in your mouth sealing the lips around it.
8. Inhale deeply for approximately 5 seconds.
9. Remove the mouthpiece from your mouth. Hold breath for approximately 10 seconds.
10. Breathe out slowly.
11. Remove the used capsule and replace blue cap.

When inhaling medication, you should be able to hear the capsule rattling inside the Aerolizer.

Cleaning an Aerolizer correctly:

Wipe mouthpiece with a clean dry tissue.

Nebulisers

Nebulisers convert liquid medication into a fine mist that is inhaled through a mask or mouthpiece.

Most people DO NOT need to have a nebuliser at home.

Increased doses of medication given via an inhaler and spacer are just as effective as using a nebuliser. For more information talk to your doctor or local Asthma Foundation.

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