

Types of Inhalers

Metered-dose inhalers

Dry Powder Inhalers: Turbuhaler

Dry Powder Inhalers: Spiromax

Dry Powder Inhalers: Accuhaler

Dry Powder Inhalers: Ellipta

Dry Powder Inhalers: Breezhaler

Dry Powder Inhalers: HandiHaler

Soft Mist Inhalers: Respimat

Metered-dose inhalers (MDIs)

Pressurised metered-dose inhalers (MDIs) are sometimes called aerosol inhalers or “puffers”.

The medicine is contained within a canister in a gas form, and housed by a small plastic inhaler device. This type of inhaler needs to be shaken immediately before use to ensure the medicine is mixed with the gas propellant before you use it.

When the inhaler is pressed, a measured dose of medicine is released from the canister, through the mouthpiece of the plastic inhaler.

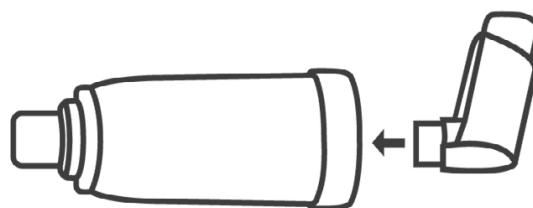
It is recommended that MDIs are used with a spacer - no matter what your age. Spacers improve the effectiveness of inhaled medications by increasing the deposition of medicine into the lungs, rather than in the mouth and throat.

Puffer inhalers are known to have a significant environmental impact. The carbon footprint of a 200-dose inhaler is equal to a 290km journey in a small car. Dry powder inhalers are a more environmentally friendly option. These inhalers may not be suitable for everyone, so it is important that you discuss your options with your healthcare practitioner.

How to use a metered-dose inhaler

1. Take off the cap and hold the inhaler upright.
2. Shake the inhaler to mix the medication with the propellant.
3. Fit the puffer inhaler into the spacer opening (opposite the mouthpiece).
4. Sit upright, tilt your head back slightly (as if you are sniffing).
5. Hold the device upright, insert the mouthpiece into your mouth ensuring that your lips firmly seal the mouthpiece of the spacer.
6. Press the puffer inhaler once only.
7. Take 4 to 6 normal breaths in and out through your mouth. (Do not remove the spacer from your mouth between breaths) OR take one slow deep breath in and hold this for 10 seconds.
8. Repeat steps 2 to 7 for further doses.
9. When finished, remove the inhaler from the spacer and place the cap back on the inhaler.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



Caring for your metered-dose inhaler

1. Clean your MDI weekly to ensure they do not block.
2. Remove the plastic mouthpiece cap.
3. Remove the metal canister (don't put it in water).
4. Rinse the mouthpiece and cap under warm water for at least 30 seconds.
5. Shake off any excess water and leave the mouthpiece and cap to dry overnight.
6. Put the metal canister back in, and replace the cap.

When to start a new metered-dose inhaler

As most MDIs don't have a dose counter window, it is wise to have a back-up inhaler on hand well before the inhaler is nearly empty.

For regularly scheduled inhalers taken every day, you can work out when your inhaler will be empty by calculating your daily dose from the date you first open each new inhaler. For example: two puffs twice a daily = 4 puffs per day; if the inhaler contains 120 doses in total, then you will finish your inhaler in 30 days - mark this date on your calendar.

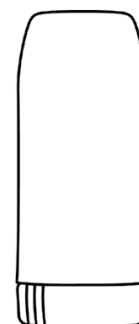
For a useful 'How to use' video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).

Dry Powder Inhalers: Turbuhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a Turbuhaler

1. Unscrew and remove the protective cover.
2. Check the dose indicator window. If window is red, it is time to get a new Turbuhaler.
3. Hold the Turbuhaler upright.
4. Twist the coloured grip as far as it will go in one direction and then back in the other direction. You will hear a ‘click’. Your Turbuhaler is now loaded with a dose of medication.
5. Hold the inhaler away from your mouth and breathe out fully.
6. Place mouthpiece between your teeth without biting, and close lips to form a good seal. Do not cover air vents.
7. Suck in deeply and forcefully through the Turbuhaler. Hold your breath for about 5 seconds or as long as comfortable.
8. While holding your breath, remove the Turbuhaler from your mouth. Breathe out slowly and gently, away from inhaler. Do not breathe back into the mouthpiece, as you will make it damp inside.
9. Repeat steps 2 to 8 for further doses.
10. When finished, place the cover back on the inhaler.

Caring for your Turbuhaler

1. Do not wash your Turbuhaler, as it will not work properly if it gets wet.
2. Wipe the mouthpiece with a dry tissue or cloth.
3. Keep the cap on when not in use.
4. Do not store in a bathroom or wet area, as moisture will prevent the Turbuhaler from working properly.

When to get a new Turbuhaler

Your Turbuhaler has a dose indicator window just below the mouthpiece; when you see red in the window it is time to get a new Turbuhaler.

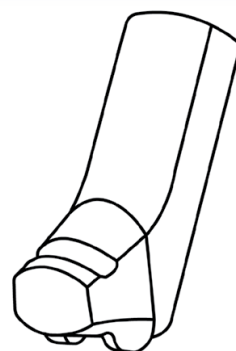
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Dry Powder Inhalers: Spiromax

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



Note

- This inhaler looks similar to a metered-dose inhaler (MDI), however it is dry powder inhaler and the usage steps are different.
- Do not open or close the mouthpiece cover unless you are about to use your inhaler; if the mouthpiece is closed, the dose is lost.

How to use a Spiromax inhaler

1. Check dose counter window. If numbers are red, it is time to get a new Spiromax inhaler.
2. Hold the inhaler upright, with the red mouthpiece cover at the bottom. You do not need to shake your inhaler.
3. Fold down the mouthpiece cover until you hear a loud ‘click’. This indicates the dose is measured and ready to use.
4. Hold the inhaler away from your mouth and breathe out fully.
5. Place the mouthpiece between your teeth without biting and close your lips to form a good seal. Do not cover the air vents.
6. Breathe in through your mouth deeply and forcefully. Hold your breath for 5 seconds or as long as comfortable.

7. While holding your breath, remove the inhaler from your mouth.
8. Breathe out slowly and gently, away from the inhaler and close the mouthpiece cover.
9. If more than one dose is required, repeat steps 1 to 8 above.

Caring for your Spiromax inhaler

1. Keep your Spiromax inhaler dry and clean.
2. If necessary, you may wipe the mouthpiece of your Spiromax inhaler after use with a dry cloth or tissue.

When to get a new Spiromax inhaler

The dose indicator, on the rear of the device, shows the number of doses remaining in even numbers only. When the numbers become red in the window, it is time to get a new inhaler.

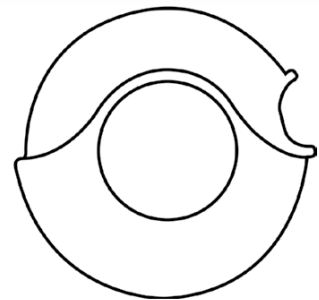
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Dry Powder Inhalers: Accuhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use an Accuhaler

1. Check dose counter window. If numbers are red, it is time to get a new Accuhaler.
2. Open the device by holding the outer case. Using the thumb grip, slide the cover open as far as it will go.
3. Face the mouthpiece towards you.
4. Push the lever away from the mouthpiece until you hear the ‘click’.
5. Sit upright, tilting your head back (as if you are sniffing).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Insert the mouthpiece into your mouth, ensuring that your lips firmly seal the mouthpiece. Keep inhaler horizontal.
8. Breathe in fully. While holding your breath, remove the inhaler from your mouth and hold your breath for about 5 seconds or as long as comfortable.
9. Breathe out slowly and gently, away from the inhaler.
10. Slide the thumb grip back over the mouthpiece.
11. Repeat steps 1 to 9 if a second dose required.

Caring for your Accuhaler

1. Wipe the mouthpiece with a clean, dry tissue.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Accuhaler

There is a dose counter window on the side of the Accuhaler. When the numbers in the window turn red, it is time to get a new Accuhaler.

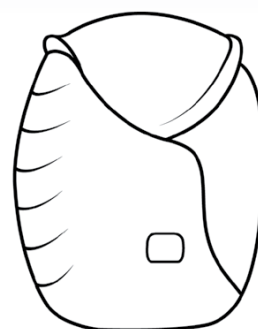
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Dry Powder Inhalers: Ellipta

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



Note:

- Do not open or close the mouthpiece cover unless you are about to use your inhaler; if the mouthpiece is closed, the dose is lost.

How to use an Ellipta inhaler

1. Check dose counter window. If window is red, it is time to get a new Ellipta inhaler.
2. Slide the cover down to expose the mouthpiece until you hear a ‘click’.
3. Hold the inhaler away from your mouth and breathe out fully.
4. Put the mouthpiece firmly between your lips.
5. Take one long steady breath in through your mouth. Hold your breath for about 5 seconds or as long as you are comfortable.
6. While holding your breath, remove the inhaler from your mouth.
7. Breathe out slowly and gently, away from the inhaler. Slide the cover up and over the mouthpiece as far as it will go, to close inhaler.

Caring for your Ellipta inhaler

1. Wipe the mouthpiece with a clean, dry tissue.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Ellipta inhaler

There is a dose counter window on the front of the Ellipta inhaler. When the window turns red, it is time to get a new Ellipta inhaler.

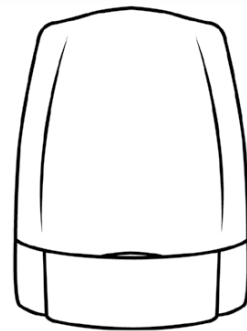
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Dry Powder Inhalers: Breezhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a Breezhaler

1. Remove the cap from the Breezhaler device.
2. Rotate to open the mouthpiece.
3. Remove one capsule from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges, so as not to damage the capsule).
4. Close the mouthpiece until you hear a ‘click’.
5. Press side buttons to pierce the capsule once and release. (Do not shake).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Place the mouthpiece between your teeth without biting and close your lips to form a good seal.
8. Breathe in quickly and steadily, so you can hear the capsule vibrate. Hold your breath for 5 seconds or as long as you are comfortable.
9. Take a second breath from the same capsule to get the full dose. You do not need to pierce the capsule again.
10. While holding your breath, remove the inhaler from your mouth.
11. Breathe out slowly and gently, away from the inhaler.
12. Open the mouthpiece to remove the used capsule and discard.
13. Close the mouthpiece and cap.

Caring for your Breezhaler

1. Wipe the mouthpiece with a clean, dry tissue when needed.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Breezhaler

Each new pack contains the capsules for inhalation plus one Breezhaler. When your capsules are starting to run low, organise a repeat or new prescription.

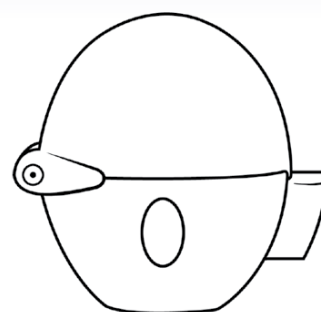
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Dry Powder Inhalers: HandiHaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a HandiHaler

1. Open the cap of the HandiHaler device.
2. Open the mouthpiece.
3. Remove the capsule for inhalation from the foil wrapping and place in the chamber. (Note: pull back the foil from the edges; do not ‘pop’ the capsule through the foil wrapping as this will damage the capsule).
4. Close the mouthpiece until you hear a ‘click’.
5. Press the green piercing button on the side of the HandiHaler in once, and release. (Do not shake).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Place the mouthpiece between your teeth without biting and close your lips to form a good seal.
8. Breathe in slowly and deeply, so you can hear the capsule vibrate. Hold your breath for 5 seconds or as long as you are comfortable.
9. Take a second breath from the same capsule to get the full dose. You do not need to pierce the capsule again.
10. While holding your breath, remove the inhaler from your mouth.
11. Breathe out slowly and gently, away from the inhaler.
12. Open the mouthpiece to remove the used capsule and discard.
13. Close the mouthpiece and cap.

Caring for your HandiHaler

1. Clean the HandiHaler once a month.
2. Open the dust cap and mouthpiece. Then open the base by lifting the piercing button. Rinse the complete inhaler with warm water to remove any powder. Dry the HandiHaler thoroughly by tipping excess of water out on a paper towel and air-dry afterwards, leaving the dust cap, mouthpiece and base open.
3. It takes 24 hours to air dry, so clean it immediately after use so that it will be ready for your next dose.
4. The outside of the mouthpiece may be cleaned with a moist but not wet tissue if needed.

When to get a new HandiHaler

After first use, you can use your HandiHaler for up to one year to take your medication

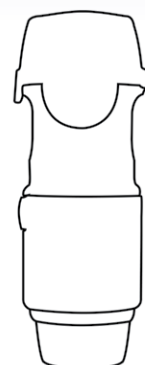
For a useful ‘How to use’ video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).

Soft Mist Inhalers Respimat

**The Respimat device is a disposable soft mist inhaler.
There is no propellant or carrier added to the medicine.
The medicine is converted into a fine mist for inhalation.**

If using for the first time, load the cartridge and prime the inhaler by turning the clear base in the direction of the arrows until it 'clicks' (half a turn). Open cap, press dose release button on front of inhaler until you see the mist come out of the mouth-piece. You may need to do this several times.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a Respimat inhaler

1. Hold the Respimat inhaler upright, with the cap closed.
2. Turn base in direction of arrows until it 'clicks' (half a turn).
3. Open the cap of the Respimat.
4. Hold the inhaler away from your mouth and breathe out fully.
5. Insert the mouthpiece into your mouth ensuring that your lips firmly seal over the mouthpiece (do not cover the air vents). Keep the inhaler horizontal.
6. Breathe in slowly and deeply through the mouth, and at the same time, press down on the dose release button on the front of the inhaler.
7. Keep breathing in slowly and deeply.
8. Hold your breath for about 5 seconds or as long as comfortable.
9. While holding your breath, remove the inhaler from your mouth.
10. Breathe out gently, away from the inhaler.
11. Close the cap to click shut.
12. Repeat steps 2 to 10 for further doses.

Caring for your Respimat inhaler

1. Wipe the mouthpiece with a clean, dry tissue.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Respimat inhaler

There is a dose counter window on the side of the inhaler. When the window turns red, it is time to get a new Respimat inhaler.

For a useful 'How to use' video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).