

## INFORMATION FOR PATIENTS

# How to use a Nexthaler

This leaflet will inform you how to use the Nexthaler device.



The benefit of using the device correctly is that your asthma or Chronic Obstructive Pulmonary Disease (COPD) will be controlled more effectively. This type of inhaler contains medicine that is a steroid, it is therefore important **to rinse your mouth after using the inhaler to prevent soreness developing.**

You should use your inhaler as prescribed every day, even if your symptoms appear to be improving.

**Do not stop using your inhaler without speaking to your nurse or doctor first.**

The Nexthaler is a dry powder device, and requires a short but sharp intake of breath in order to obtain the medicine and draw it into the lungs. If you feel breathless before using, you may find it helpful to use your reliever inhaler such as (Salbutamol) about 5 minutes before. This should make it easier for you to then use the Nexthaler and take a sharp breath in.

To effectively use your Nexthaler, follow this step-by-step guide:

1. Use only as prescribed
2. If your inhaler is brand new the dose counter should read **120**. If new and it does not display this number it needs to be returned to the pharmacy.
3. Thereafter any number between **1** and **120** shows that there are doses left. If **0** is displayed there are no doses left and you need to get a new inhaler.
4. Before inhaling breathe out as far as is comfortable.
5. **Do not** breathe out through your inhaler.
6. **Open the cover fully** with your inhaler in the upright position.
7. Lift your inhaler up, bring it to your mouth and place your lips around the mouthpiece.
8. **Do not** cover the air vent when holding your inhaler.

9. **Do not** breathe in through the air vent.
10. Take a forceful and deep breath through your mouth.
11. You may hear or feel a click when the dose has been released from the device. **After the click, continue to inhale deeply to ensure the dose reaches the lungs.**
12. Remove the inhaler from your mouth.
13. Hold your breath for 10 seconds or for as long as is comfortable.
14. Breathe out slowly.
15. Move your inhaler back to the upright position and close the cover fully.
16. Check that the dose counter has gone down by one.
17. If you need to take a second dose, repeat steps 6-16.

### How to clean the Nexthaler

Normally it is not necessary to clean the inhaler. If needed, you can clean your inhaler after use with a dry cloth or tissue.

**Do not** clean your inhaler with water or other liquids. Keep it dry.

### How to store the Nexthaler

Always check the manufacturer's instructions and the patient information leaflet.

### Contact details

Respiratory Specialist Nurse  
Cardiorespiratory Department (Clinic 4)  
King's Treatment Centre  
King's Mill Hospital  
Sutton-in-Ashfield

**Telephone:** 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am-5pm.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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