

## INFORMATION FOR PATIENTS

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# How to use an Accuhaler

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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.

If your inhaler contains steroid medication, remember to rinse your mouth afterwards to prevent soreness.

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

- 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

- The Accuhaler contains 60 doses.
- It counts down from 60 – numbers are in black and the last five numbers are in red. You need to request a repeat prescription as soon as the dose counter turns red as this medicine will only last for another 48 hours (5 more doses).
- Counter remains on 0 when empty and should be replaced.
- Do not use after the expiry date.

### 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, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202309-05-ACCUH Created: November 2015 / Revised: September 2023 / Review Date: September 2025</p>
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