

INFORMATION FOR PATIENTS

How to use an Autohaler

This leaflet will inform you how to use an Autohaler.

Always read the patient information leaflet which comes with this inhaled medication.



Autohaler devices come in different colours indicating different medicines.

If your Autohaler contains a steroid medication, remember to rinse your mouth after using it 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 Autohaler device effectively follow this step-by-step guide:

1. If using the device for the first time, it should be primed by lifting the lever on the top, and then pushing the white slide on the bottom of the device to release the medication. Repeat this action once more.
2. Use only as prescribed.
3. Remove protective mouthpiece.
4. Shake the inhaler.
5. Hold the inhaler upright and push the lever right up.
6. Breathe out gently.
7. Keep the inhaler upright and put the mouthpiece in the mouth and close lips around it (the air holes must not be blocked by the hand).

8. Breathe in steadily through the mouth.
DON'T STOP breathing in when the inhaler clicks and continue taking a really deep breath.
9. Hold the breath for about ten seconds. Breathe out gently.
10. Wait several seconds before repeating steps 2-7 for a second dose.
11. The lever must be pushed up (on) before each dose, and pushed down again (off) afterwards, otherwise it will not operate.
12. Replace cap.

How to clean the Autohaler:

- Do not wash or put any part of the Autohaler in water.
- Wipe weekly with a dry tissue/cloth taking care not to push it into the Autohaler device.

How to store the Autohaler:

- Store away from extremes of temperature.
- Do not freeze.
- Store in a safe place away from young children.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

Leaflet code: PIL202309-05-AUTOH Created: November 2015/ Revised: September 2023 / Review Date: September 2025
