

INFORMATION FOR PATIENTS

How to use a Handihaler

This leaflet will inform you how to use a Handihaler device.

General information:

- Always read the patient information leaflet which comes with this inhaled medication.
- Be careful with oral medication in similar packaging to avoid using wrong medication; this is important if you are visually impaired.
- Make sure capsule is pierced before using.
- Do not breathe out through the device; this may cause clogging
- Dexterity is required for device loading the capsule.
- The capsule contains lactose.



This is a Handihaler device.

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 Handihaler device effectively follow this step by step guide:

To load the inhaler:

1. Use only as prescribed.
2. Separate one blister strip by tearing along the perforations.
3. Open the dust cap of the HandiHaler by pulling it upwards.
4. Open the mouthpiece by pulling it upwards.
5. Peel back the foil, exposing one capsule, and remove it. Only open the blister immediately before you are going to use the capsule.
6. Place the capsule in the chamber in the middle of the handihaler.
7. Close the mouthpiece and press it down until you hear a click, leaving the dust cap open.

To pierce the capsule:

1. Press the green button on the side as far as it will go and then release.

To inhale the medicine:

1. Breathe out completely. Be careful not to breathe out into the inhaler.
2. Close your lips tightly around the mouthpiece.
3. Keeping your head upright, breathe in slowly and deeply. When you breathe in correctly you will hear the capsule vibrate.
4. Hold your breath for as long as comfortable.
5. Remove the inhaler from your mouth and breathe out normally.
6. To empty the capsule completely, repeat steps 1-5.

To empty the inhaler:

1. Open the dust cap and mouthpiece.
2. Tip out the capsule and dispose of carefully.
3. Close the mouthpiece and the dust cap.

How to clean the Handihaler:

- Clean Handihaler once a month.
- Remove used capsule from the device.
- Open dust cap and mouthpiece.
- Open the base by lifting the piercing button.

- Rinse the complete inhaler with warm water to remove any powder.
- Tip out excess water and air dry thoroughly - it will take 24 hours to dry.
- The mouthpiece can be cleaned with a moist but not wet tissue when necessary.

How to store the Handihaler:

- Store the capsules in the sealed blister pack.
- Store away from extremes of temperature.
- Capsules are susceptible to damp if not kept in the blister pack.
- Store in a safe place away from young children.

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
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.

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