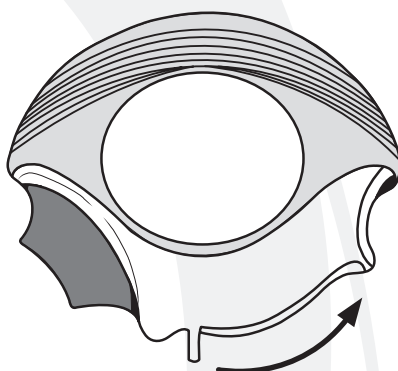


About your Accuhaler

It is important you use the inhaler correctly to make sure you have the full dose of the medication you need.

How does it work?

The accuhaler can be used to deliver different types of medication (different colours indicate different medication) depending on your problem and how severe it is. It is likely to be either: Salmeterol/Serevent (green), Fluticasone/Flixotide (orange), Seretide (purple) or Salbutamol (blue) and may include a steroid component (Fluticasone and Seretide include a steroid). These inhalers work by relaxing the muscles of the large airways and/or reducing the inflammation of the airways.



How do I use it?

1. Push the outer cover round with your thumb
2. Push the dial round until you hear a 'click'
3. Breathe out as far as is comfortable (without the device in your mouth)
4. Place lips tightly around mouthpiece and breath in quickly and deeply
5. Remove your Accuhaler from your mouth and hold your breath for 10 seconds or as long as is comfortable and then breathe out slowly and calmly.

Repeat the above process as your prescription indicates. If you have an inhaler that contains a steroid you must rinse your mouth out with water to prevent developing a sore mouth, husky voice or oral thrush.



Think you need A&E?
Check your symptoms using **Ask A&E**
and get NHS answers 24/7
uhb.nhs.uk/ask