

## How did I do?

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**For video demonstrations on how to use your inhaler visit:**

[East Lancashire Medicines Management Board Website](#)

**Please make an appointment to reassess your inhaler technique in:**

3 months	
6 months	
12 months	

## How to use your Autohaler inhaler

Inhalers are commonly prescribed for patients with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using your inhalers correctly is an important part of asthma or COPD treatment. You should be shown how to use inhalers properly by a healthcare professional when they are first prescribed.

You may occasionally experience problems using your inhalers, especially if it has been a while since you were shown the correct technique. This is very common and your healthcare professional can help you improve your inhaler technique.



### Why is inhaler technique important?

- It allows the correct dose of medication to reach your lungs.
- It gives you better control of your condition.

### Examples of Autohaler inhalers

Qvar Autohaler
Airomir Autohaler

## Checklist for Autohaler use

1	Stand or sit upright when using your Autohaler.
2	Remove the cover by pulling down the lip at the back.
3	Hold the Autohaler upright and push the lever so it stays up.
4	Breathe out fully.
5	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
6	Breathe in slowly and deeply through your mouth.
7	Continue to breathe in when you hear the click and feel the puff of medication in your mouth.
8	Hold your breath and remove the Autohaler from your mouth.
9	Continue to hold your breath for ten seconds or as long as is comfortable. Breathe out slowly.
10	The lever must be lowered after each puff.
11	If your doctor has told you to take two puffs repeat steps 3 to 10.
12	Replace the mouthpiece cover after use.

## Common problems

- Common mistakes that people make with Autohalers include:
- Not standing or sitting upright, or holding the Autohaler upright.
- Not continuing to breathe in when the click is heard.
- Not inhaling strongly enough to draw the medication out of the Autohaler and in to your lungs.
- Not holding your breath long enough after using the Autohaler.
- Moisture inside the Autohaler.
- Leaving the mouthpiece cover off the Autohaler.

## Useful tips

- When using the Autohaler do not block the air vent with your hands.
- Make sure the lever is up before use and down after use.
- Replace the cover after use.
- Rinse your mouth out with water after your dose.
- Speak to your nurse or pharmacist if you experience problems using your Autohaler.
- Always read the patient leaflet provided with your Autohaler for any specific instructions.