



# Accuhaler

## INSTRUCTIONS



Hold the Accuhaler horizontally in left hand and place the right thumb on the thumb grip. Slide the outer case away from you until it “clicks”.



Slide the lever away from you until it “clicks” and do not push back.



Breathe out as far as is comfortable. Do not breathe into your Accuhaler.



Place the mouthpiece between your lips, **breathe in by mouth steadily and deeply** then remove it from your mouth.



Hold your breath for 10 seconds (or for as long as is comfortable) then breathe out slowly.



Close Accuhaler by placing your thumb on the Accuhaler and sliding the outer case back towards until it “clicks”. **Wipe the mouthpiece with dry tissue** to clean.

### Additional instruction:

- If more than one dose is needed, please wait for 1-2 minutes then repeat all steps 1-6.
- Patient should clear the phlegm before using inhaler.
- Rinse your mouth with water and spit it out after using inhaler. This can help prevent thrush and hoarseness caused by steroid.
- There is counter on top of device which tells you how many doses are left. It counts down to “0”. Once the counter shows “0”, your inhaler is empty.

#### Reference:

The Electronic Medicines Compendium (eMC). Seretide 100 Accuhaler. Available from: <https://www.medicines.org.uk/emc/product/5504/smpc> [Accessed 15 February 2021].

UpToDate. The Use of Inhaler Devices in Adults. Available from: <https://www.uptodate.com/contents/the-use-of-inhaler-devices-in-adults> [Accessed 14 February 2021].

Wikihow. How to Use Advair. Available from: <https://www.wikihow.com/Use-Advair> [Accessed 15 February 2021].