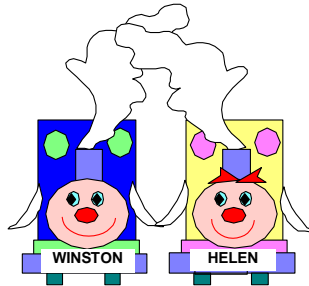


## Paediatric Department

**0151 430 1627/1791**

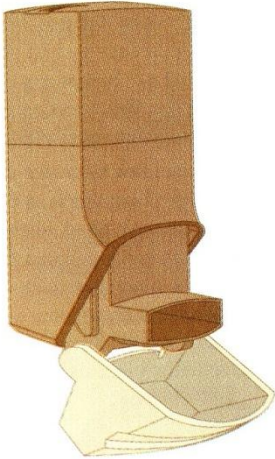


## How to use your inhaler devices

**Patient / Carer  
Information Leaflet**

**Whiston Hospital  
Warrington Road  
Prescot L35 5DR**

## How to use your Easi-breathe Inhaler



1. Shake the inhaler.
2. Open the cap.
3. Seal lips around the mouthpiece and breathe in slowly and deeply (this will activate the device)
4. Remove inhaler from your mouth and hold breath for as long as is comfortable (about 10 seconds).
5. Close the cap.
6. For another dose, repeat steps 1-5

Ensure when using the inhaler that air holes at the top are not blocked with your hands. Rinse your mouth or clean your teeth after taking inhaled steroids

## How to use your MDI (metered dose inhaler)

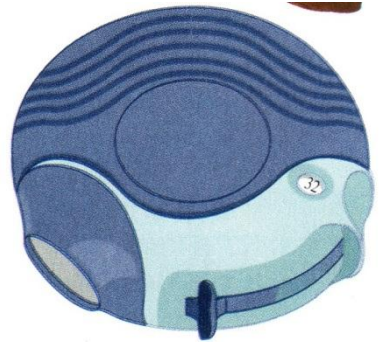
1. Remove cover.
2. Shake your inhaler.
3. Hold your inhaler upright.
4. Seal lips around mouthpiece and activate inhaler by pressing down on the top of the inhaler, whilst breathing in **slowly and deeply** at the same time.
5. Remove inhaler and hold your breath as long as is comfortable (about 5-10 seconds).
6. For another dose, repeat steps 2-6.



Only give one puff at a time. Always rinse your mouth or clean your teeth after taking your inhaled steroids

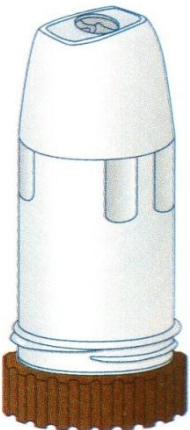
## How to use your Accuhaler

1. Hold device in left hand, push the thumb grip away from you with the right hand until a click is heard.
2. Push the grey lever away from you until it clicks.
3. Holding the inhaler flat, seal your lips around the mouthpiece and take in a sharp long breath.
4. Remove inhaler from your mouth slowly and hold your breath for as long as is comfortable (about 5-10 seconds).
5. Slide the thumb grip towards you to close the inhaler.
6. For another dose, follow steps 1-5.



The dose counter counts down from 60 - 0. The last few numbers are red in order to remind you to get a replacement inhaler. Rinse your mouth or clean your teeth after taking your inhaled steroids

## How to use your Turbohaler



1. Unscrew and lift off the cover.
2. Hold the turbohaler upright and twist the bottom forward then backwards until it clicks.
3. Still holding the inhaler upright, place inhaler between your lips and take in a **sharp long breath**.
4. Remove inhaler slowly from your mouth and hold your breath for as long as is comfortable (about 5-10 seconds).

5. For another dose, follow steps 2-5.
6. Replace cover.

When a red line appears in the window, there are 20 doses left. When the whole window is red, the inhaler is empty. Rinse your mouth or clean your teeth after taking inhaled steroids.

## How to use your Clickhaler



1. Hold the inhaler upright.
2. Remove protective cover.
3. Holding inhaler upright, push the button down firmly and release until you hear a click.
4. Seal your lips around the inhaler and suck in slowly & deeply.
5. Remove inhaler from your mouth and hold your breath for as long as is comfortable (about 5-10 seconds)
6. For another dose, follow steps 3-6.

**NB** After you have used 190 doses, a red warning will appear in the window. Always rinse your mouth or clean your teeth after taking your inhaled steroids

## How to use your Easyhaler

Shake the device, and then hold the device in an upright position.

1. Remove the mouthpiece cap.
2. Press the top of the device once. You will hear a click.
3. Breathe out normally, and then place the mouthpiece of the Easyhaler between your teeth. Close your lips around the mouthpiece.
4. Take a strong and deep breath/suck in through the device. Hold your breath for five to ten seconds and then breathe out.
5. Repeat steps 2-6 if you need to take another dose of the inhaler.
6. Replace the mouthpiece cap after use.



Always rinse your mouth or clean your teeth after taking your steroid inhaler

## How to use the In Check Dial



1. Tap the device gently (mouthpiece upright) to dislodge the weight inside the device. Place a disposable mouthpiece onto the device (Arrow pointing to the patient)
2. Set to the desired device by turning the white rim so that the device wanted is

- lined up with the blue arrow on the side of the in check dial.
3. Encourage the child to breathe in as they would if they were using their own inhaler.
  4. Keep the device horizontal and then look at where the red resistance wheel has moved too. This will inform you of the inspiratory flow rate. By checking on the scale on the side of the device.
  5. If the flow rate is too low or too high to achieve good technique ask the child to practice inhalation remembering to reset the weight each time. Optimum Inspiratory flow rate for the majority of inhaler devices should be between 30-60 litres per minute.

### How to use your Volumatic using the mouthpiece

1. Shake your inhaler.
2. Take the cap off the inhaler
3. Put inhaler in to the end of the volumatic.
4. Put the spacer mouthpiece in to your mouth and seal your lips around it.
5. Press the inhaler once.
6. Breathe in and out **slowly & deeply** 5 or 6 times.
7. For a 2nd, 3rd, 4th dose etc. repeat steps 1-7.
8. Only put one puff of your inhaler into your spacer at a time.



Always rinse your mouth or clean your teeth after taking inhaled steroids

## How to use your Volumatic (with face mask)

1. Be positive and make the procedure fun! Lay the infant on a changing mat on the floor. Put him/her on your knee or in a baby chair.
2. Provide a bright stimulating environment e.g. toys or mobiles.
3. Shake the inhaler and place it in the end of the spacer. Put the mask onto the mouthpiece of the spacer
4. Hold the mask gently, but firmly over the child's mouth and nose at a 45 degree angle
5. Spray the inhaler into the spacer and then either count slowly to 10 or sing a nursery rhyme while the child continues to breathe in normally. **Remember to make it fun!**
6. If child is distressed, wait and try again later. **Do not give the medication if the child crying or distressed**
7. If you are having problems administering the inhaler this way you may give the inhaler via the spacer & mask when your child is asleep. Please wipe your child's face after giving inhaled steroids



## How to use your Orange Aerochamber with mask (Age 0-2 years)

1. Shake the inhaler and put it into the Aerochamber. Hold the child comfortably on your knee
2. Place the mask over the child's nose and mouth firmly but gently and spray the inhaler once.
3. Hold the mask over the child's face for about 10 seconds you may sing a nursery rhyme to the child or count to 10 if you wish to make it more fun for the child. **Be positive! Give praise where due.**
4. Repeat steps 1-4 as required.
5. **Remember never force the child, if distressed wait a while and try again later.** Always use one puff of the inhaler at a time.

You may give the inhaler in this way when your child is asleep. Always wipe your child's face after administering inhaled steroids





## How to use the Yellow Aerochamber with mask (Age 2-5 years)

1. Shake the inhaler & take the cap off
2. Put the inhaler in to the end of the Aerochamber.
3. Put the mask over your child's nose and mouth. Press inhaler once.
4. Encourage the child to breathe in and out **gently but deeply** slowly 5 or 6 times or just hold gently in place while you count to 10.
5. For a 2nd, 3rd, 4th dose etc. repeat steps 1-6.

Only put one puff of your inhaler into your spacer at a time. Wipe your child's face after taking inhaled steroids via a mask or get them to rinse their mouth or clean their teeth.



## How to use the Blue Aerochamber with Mouthpiece (Age 5 and above)

1. Take the cap off the inhaler & shake the inhaler.
2. Put inhaler in to the end of the Aerochamber.
3. Put the Aerochamber mouthpiece in to your mouth and seal your lips around it. Press inhaler once.
4. Breathe in and out gently but deeply 5 or 6 times.
5. If the device whistles; slow your breathing down.
6. For a 2nd, 3rd, 4th or dose etc. repeat steps 1-5.



Only put one puff of your inhaler into your spacer at a time. Rinse your mouth or clean your teeth after taking inhaled steroids.

## How to use your EpiPen Auto-injector

Remove the EpiPen from its clear carrier tube

1. Hold the EpiPen in your fist
2. Remove the blue safety release from the top of the pen
3. Place the orange tip of the pen to the outer aspect of the thigh
4. Swing & press the orange tip of the EpiPen firmly until it 'clicks'
5. Keep the EpiPen firmly against the thigh while you count to 10 slowly
6. Remove EpiPen carefully and replace it in the clear carrier case.
7. Massage the thigh for 10 seconds
8. Call emergency services i.e. Dial 999 and state Anaphylaxis



EpiPen's are single use only. Please give all used EpiPen's to the emergency services staff on arrival. Please check expiry dates frequently.

## How to use your EpiPen (Trainer Pen)

1. Hold the EpiPen Trainer Pen in your fist
2. Remove the blue release top off the top of the pen
3. Place the orange tip of the pen to the outer aspect of the thigh
4. Swing & firmly press the orange tip firmly into the thigh until it 'clicks'
5. Keep the EpiPen firmly against the thigh while you count to 10 slowly
6. Remove the EpiPen Trainer Pen, Massage the thigh for 10 seconds



Prior to practising with the trainer pen again, squeeze the orange nib together and push it back into the device, replace the blue safety release. It is encouraged that parents and carers practice with the trainer pen at frequent intervals every 3- 6 months.

All carers should be able to use the EpiPen in an emergency as it may save a life. Spare Trainer pens can be obtained from your respiratory nurse or pharmacy.

## How to use your JEXT (Adrenaline Auto-injector)

1. Grasp the JEXT injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
2. Pull off the yellow cap with your other hand.
3. Place the black injector tip against your outer thigh, holding the injector at a right angle (approx. 90°) to the thigh.
4. Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.
5. Massage the injection area for 10 seconds. Seek immediate medical help.



**Call 999, ask for an ambulance and say "anaphylaxis". If you are unable to make the call, get someone else to call for you.**

## How to use your JEXT (Adrenaline Simulator)

1. Grasp the JEXT (Simulator) in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
2. Pull off the yellow cap with your other hand.
3. Place the black injector tip against your outer thigh, holding the injector at a right angle (approx. 90°) to the thigh.
4. Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. Please note the Simulator contains No needle and No medication
5. Massage the injection area for 10 seconds.



To reset the device for the next practice session push the black end of the simulator in by pressing firmly on hour palm then replace the yellow cap. It is advised that carers should practice with their device every 3-6 months so they are confident in its use.

**This leaflet is available in alternative languages/formats on request**

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