





Using Asthma Inhalation Devices

Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for your child.

<p>Autohaler</p> 	<p>Turbuhaler</p> 	<p>Accuhaler</p> 	<p>Metered dose inhaler (puffer)</p> 
<p>Recommended for children 7 years of age and above</p>	<p>Recommended for children 7 years of age and above</p>	<p>Recommended for children 7 years of age and above</p>	<p>Puffers are NOT RECOMMENDED to be used on their own. Puffers require good coordination and children under 8 years cannot successfully manage them.</p> <p>A puffer should always be used with a spacer device as more medication gets into the lungs.</p> <p>If a spacer device is unavailable, follow the steps below:</p>
<ol style="list-style-type: none"> 1. Remove autohaler cap. 2. Shake autohaler. 3. Holding autohaler upright, push the lever on top up. 4. Breathe out away from the autohaler 5. Place the autohaler in mouth, between teeth and close lips. 6. Breathe in slowly and deeply, continuing to breathe in after hearing the click. 7. Remove autohaler from mouth and hold breath for up to 10 seconds. 8. Breathe out. 9. Push the lever back down. 10. If more medication is required repeat steps 2 - 9. 11. Replace autohaler cap. 	<ol style="list-style-type: none"> 1. Unscrew the turbuhaler cap. 2. Holding turbuhaler upright, turn the coloured base to the right as far as it will go and then turn back to the left until it clicks. 3. Breathe out away from the turbuhaler 4. Place the turbuhaler in mouth, between teeth and close lips. 5. Breathe in fast and deeply. 6. Remove the turbuhaler from mouth. 7. Breathe out. 8. If more medication is required repeat steps 2-8. 9. Replace the cap <p>*The Bricanyl turbuhaler has a dose indicator window. When the red line appears at the top of the window there are 20 doses left. When the red line is at the bottom of the window the turbuhaler is empty.</p> <p>*The Symbicort turbuhaler has a dose counter on the side indicating the number of doses left.</p>	<ol style="list-style-type: none"> 1. Place thumb in groove and open accuhaler by pushing the groove to the right until it clicks. 2. Slide lever to the right until it clicks. 3. Breathe out away from the accuhaler. 4. Place the accuhaler in mouth, between teeth and close lips. 5. Breathe in slowly and deeply. 6. Remove the accuhaler from mouth and hold breath for up to 10 seconds. 7. Breathe out. 8. Close accuhaler by pushing thumb groove to the left. 9. If more medication is required repeat steps 1-8. <p>*Accuhaler has a dose counter. The last 5 doses appear in red.</p>	<ol style="list-style-type: none"> 1. Remove inhaler cap. 2. Shake the inhaler. 3. Breathe out gently. 4. Keeping the inhaler upright, tilt head back and place in mouth between teeth and close lips. 5. To give 1 puff of medication push the top of the inhaler down whilst breathing in 6. Continue to breathe in slowly and deeply. 7. Remove inhaler from the mouth and hold breath for up to 10 seconds. 8. Breathe out. 9. If more medication is required repeat steps 2- 8 10. Replace inhaler cap

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