

# Inhaler technique Easyhaler



# Easyhaler

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| 1 | <p>Hold the Easyhaler in one hand and remove the mouthpiece cover with the other hand.</p> <p><b>Shake</b> the device 3 to 5 times.</p>  |
| 2 | <p>Hold the device upright, with your thumb on the base and forefinger on the top of the inhaler.</p> <p>Press the coloured button down once using your forefinger; you should hear a <b>click</b>. Release your forefinger. Your dose is now ready.</p>                         |
| 3 | <p>Breathe out as far as is comfortable and away from the Easyhaler.</p>   |
| 4 | <p>Seal your lips around the mouthpiece.</p> <p><b>Breathe</b> in steadily as strongly and deeply until you feel your lungs are full.</p>  |
| 5 | <p>Remove the device from your mouth.</p> <p>Hold your breath for 5 to 10 seconds or as long as comfortable.</p> <p>Breathe out slowly. Then breathe normally.</p>   |
| 6 | <p>For a second dose, wait 30 seconds and repeat steps 2-5.</p>  |
| 7 | <p>Replace the mouthpiece cover after use. This stops the inhaler going off by accident.</p> <p>If your inhaler contains a steroid ingredient, you should rinse your mouth with water or brush your teeth after using it; this is to prevent infections such as oral thrush.</p> |

### 3 simple steps:

1. SHAKE

2. CLICK

3. BREATHE

### How to look after your Easyhaler

Keep your inhaler dry and clean. If you need to, wipe the mouthpiece with a dry cloth or tissue. Do not use water as the powder in the Easyhaler is sensitive to moisture.

### How will I know when to order a new Easyhaler?

The dose counter on the side of the Easyhaler shows the number of remaining doses. It turns after every 5th click. When it starts turning red, there are 20 doses left.



## References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK ‘How to use your inhaler’ videos.  
Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland “My Lungs My Life” videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGIBpe9RxC6KB3cnfykZq7CjSbD>
- ‘Getting the basics right – Inhaler Technique’ Primary Care Respiratory Society (2016)

## For further support and information, please contact:

**Royal Sussex County Hospital**  
**COPD Nurse Specialist: 01273 523109**

**Worthing Hospital**  
**Respiratory Nurse Specialists: 01903 205111 Ext. 85858**

**St Richard’s Hospital**  
**Respiratory Nurse Specialists: 01243 788122 Ext. 32395**

You can also contact your community pharmacist or practice nurse for advice.

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Ref. No. 2069  
Publication date: 10/2021  
Review date: 10/2024

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