

Inhaler technique

Ellipta



Ellipta device

1	Hold the Ellipta inhaler upright
2	Slide the cover of the Ellipta inhaler down to expose the mouthpiece You should hear a click Do not shake the Ellipta inhaler
3	Breathe out gently as far as it is comfortable and NOT into the Ellipta inhaler
4	Put the mouthpiece in your mouth and close your lips around it Ensure your teeth and tongue are not blocking the mouthpiece Do not block the air vents with your fingers
5	Breathe in as quickly and deeply as possible
6	Remove the Ellipta inhaler from your mouth and hold your breath for up to 10 seconds or as long as you feel comfortable Then breathe out slowly
7	Close the Ellipta inhaler, slide the cover up and over the mouthpiece as far as it will go If you want to clean the mouthpiece, use a dry tissue before you close the cover.

There are 4 different types of Ellipta inhalers:

- Anoro
- Incruse
- Relvar (2 different strengths)
- Trelegy

They all work differently to treat asthma or COPD.

Your inhaler has been prescribed for you **only** and to treat your specific lung condition.

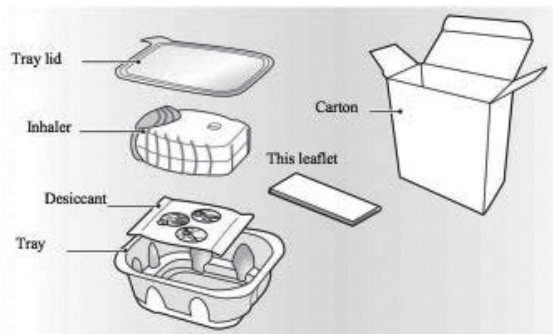
The **technique** to use each Ellipta inhaler is the same.

Using your Ellipta inhaler device

- There are 4 different types of Ellipta inhalers containing different drugs and combination of drugs.
- Ellipta inhalers are designed to work slowly over 24 hours and therefore only need to be used **ONCE** a day.
- As your inhaler works slowly, it is sometimes difficult to tell if it is helping you.
- If you are not sure it is helping you and are considering stopping it, please discuss with your prescriber.
- If you forget to use your inhaler, do not inhale an extra dose. Inhale your next dose at the usual time.
- If you accidentally take more of your prescribed dose of inhaler, please seek medical advice.
- If your inhaler contains a steroid (Relvar or Trelegy), rinse your mouth with water or brush your teeth after use to prevent infections such as oral thrush.

What is inside the box?

- Your inhaler is packaged in a tray.
- When you are ready to use the inhaler, peel back the lid to open the tray.
- The tray contains a desiccant sachet, to reduce moisture - do not open, eat or inhale the sachet or its contents.



- Your inhaler will be in the 'closed' position. Open your inhaler when you are ready to inhale your dose.
- Your inhaler contains 30 doses. The dose counter counts down by 1 each time you open the cover.
- When fewer than 10 doses are left, the counter shows red, so contact your GP/Pharmacist to order a replacement inhaler.
- If you want to clean the mouthpiece, use a dry tissue before you close the cover.
- Store your inhaler at room temperature.

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=PLhiaAMAGIBpe9RxCG6KB3cnfykZq7CjSbD>
- '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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