

Inhaler technique

Easi-Breathe



Easibreathe

1	Hold the Easibreathe inhaler upright. Do not cover the air vents on the top of the device.
2	Shake the Easibreathe inhaler. Open the mouthpiece cover. The dose is ready for use.
3	Breathe out gently as far as comfortable and away from the device.
4	Keep the Easibreathe inhaler upright. Put the mouthpiece in your mouth and close your lips around it.
5	Breathe in slowly and steadily through your mouth. Do not stop breathing when the Easibreathe inhaler releases the dose – continue taking a deep breath.
6	Remove the Easibreathe inhaler from your mouth and hold your breath for up to 10 seconds or as long as comfortable, then breathe out slowly. 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.
7	For a second dose, wait 30 seconds before repeating steps 1 – 6. Replace mouthpiece cover after use.

Looking after your inhaler

Clean the mouthpiece of the inhaler once a week using a clean, dry tissue or cloth
Do not wash or put any part of your inhaler in water

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=PLhiaAMAGIBpe9Rx6KB3cnfykZq7CjSbD>
- '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.

Prepared by Ameet Vaghela (Lead Pharmacist for Respiratory & Allergy Services, UHS) and Debbie Eaton (Respiratory Nurse Specialist, UHS)

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