

Asthma inhalers

This is an easy way to read this word... as-th-ma in-ha-lers

	<p>What is this leaflet for?</p> <p>This leaflet is to help you understand more about your inhaler</p> <p>Your inhaler could look different to the photographs on this leaflet</p>										
	<p>What is the inside the inhaler?</p> <p>There are a lot of different asthma medicines inside asthma inhalers</p> <p>You may have one of these types of medicine inside your inhaler:</p> <table border="0"> <tr> <td>Budesonide</td> <td>bu-des-o-ni-de</td> </tr> <tr> <td>Mometasone</td> <td>mo-met-a-son</td> </tr> <tr> <td>Beclometasone</td> <td>bec-lo-met-a-son</td> </tr> <tr> <td>Ciclesonide</td> <td>ci-cle-so-ni-de</td> </tr> <tr> <td>Salbutamol</td> <td>sal-bu-ta-mol</td> </tr> </table> <p>Your medication is: _____</p> <p>_____</p> <p>The pharmacist can give you important information about the medicine inside your inhaler</p>	Budesonide	bu-des-o-ni-de	Mometasone	mo-met-a-son	Beclometasone	bec-lo-met-a-son	Ciclesonide	ci-cle-so-ni-de	Salbutamol	sal-bu-ta-mol
Budesonide	bu-des-o-ni-de										
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Salbutamol	sal-bu-ta-mol										



What are asthma inhalers for?

An inhaler is a 'device' that holds asthma medicine

They are the main treatment for your asthma



You take the medicine by breathing in (inhaling)

The medicine goes straight into your airways when you breath in



There are many different types of inhaler

The medicine inside inhalers are known as:

Relievers **rel-ie-vers**

Preventers **pre-vent-ers**

Bronchodilators **bron-cho-di-la-tors**



Relievers

These inhalers are used when needed to stop you feeling breathless, tight chested or 'wheezy'

The medicine in a reliever inhaler relaxes the muscle in your airway to open it wider



The two main reliever medicines are:

Salbutamol
Terbutaline

sal-bu-ta-mol
ter-bu-ta-line

If you only feel like this every now and then, then a reliever inhaler may be all you need to feel better



Preventers

These inhalers must be used every day to prevent your 'symptoms' starting

The medicine used in preventer inhalers is a 'steroid'

A steroid works by reducing swelling in your airways

When the swelling has gone, your airway is less narrow

Preventer inhalers are usually used twice a day. They take 7-14 days to work well when you first start to use them

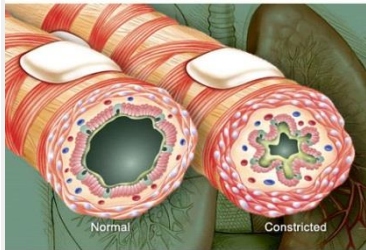
The five main preventer medicines are:

Beclometasone
Budesonide

bec-lo-met-a-son
bu-des-o-ni-de

Ciclesonide
Fluticasone
Mometasone

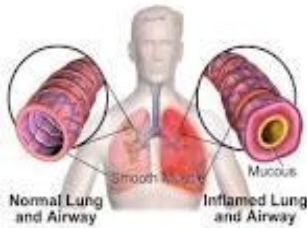
ci-cle-so-ni-de
flu-tic-a-son
mo-met-a-son



If your asthma is not fully controlled by a preventer medicine, a doctor may need to give you another medicine inhaler to take as well, called a 'bronchodilator' which means widen your airway

Your inhaler is a _____

and the medicine inside it is called _____



What will inhalers do?





Relax and widen your airways
Stop you feeling breathless
Stop you wheezing



Types of inhaler

There are different types of inhaler 'device' that you can use

Your doctor will tell you which inhaler device is right for you

	<p>Spacer' device</p> <p>This can be used with an inhaler to help you breathe in your medicine</p> <p>It has a small mask to cover your nose and mouth</p> <p>It allows you to breathe in the medicine easier</p> <p>You can breathe in and out normally whilst using a spacer rather than having to hold your breath in</p>
	<p>Nebuliser</p> <p>This is a machine that turns your medicine into a mist</p> <p>You breathe it in using a facemask</p> <p>This is useful for people who are very breathless</p>
 	<p>Side effects</p> <p>Inhaled medicine is used in smaller amounts than when used a tablet or liquid</p> <p>Side effects of these medicines are less likely to happen. Some common side effects are:</p> <ul style="list-style-type: none"> • sore throat



- thrush infection
- hoarse voice
- feeling shaky



Some side effects are more serious

You should tell someone **straight away** if any of the following happens as you may be having an **'allergic reaction'**:



- swelling around the eyes, tongue, mouth or face
- you suddenly find it harder to breathe after taking your inhaler medication



- you find it hard to swallow



How and when do I take my inhalers?

The label on your inhaler should tell you when to take your medicine



The label should tell you how much medicine to take

You should follow the instructions carefully



You may also have a spacer device to help you take your medicine easily

If you forget to take your medicine, tell someone straight away



You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink



You should carry on taking your medicine even if you feel better unless your doctor asks you to stop



What do I need to know about asthma inhalers?

Some medicines do not work well with asthma medications

You should tell your doctor about any other medicine you are taking



Where can I get more information?

This leaflet does not tell you everything about each asthma inhaler

If you want more information about a certain asthma inhaler you can:

- Ask your pharmacist, doctor or nurse
- Ask your carer to get more information for you
- Phone NHS **111**
- Phone the medicine info helpline on **020 3228 2999**



Acknowledgements for the information in this leaflet are to:

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- The British national formulary (www.bnf.org)

This leaflet has been discussed and agreed with the Tameside Learning Disability Shadow Board.