



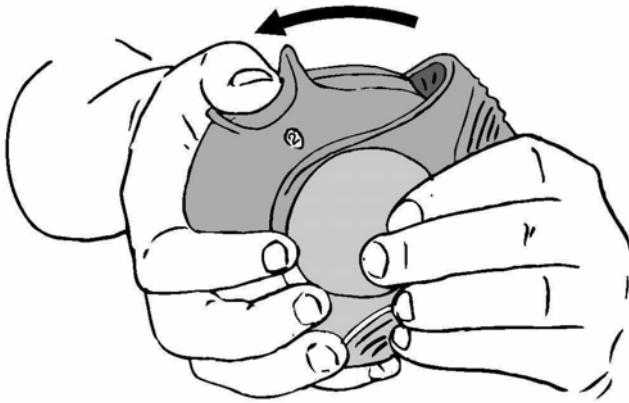
Accuhalers

Accuhalers are a type of device which contain asthma medication as a powder. Most children at age 8 years of age can use an accuhaler.

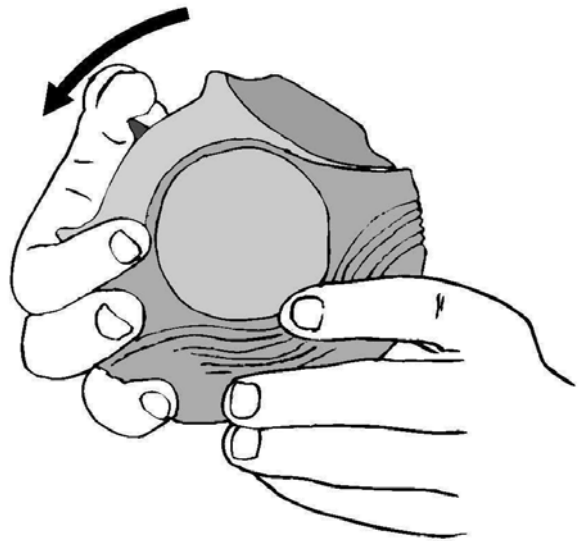


How to use an Accuhaler

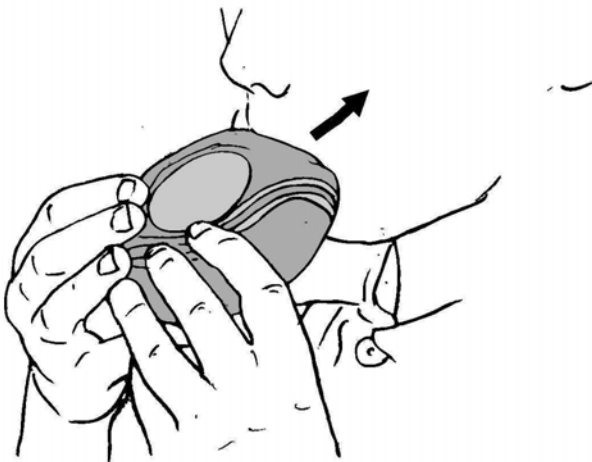
1 Hold the accuhaler with one hand and place thumb of other hand on the thumb grip. Open accuhaler by pushing the thumb grip around until it clicks.



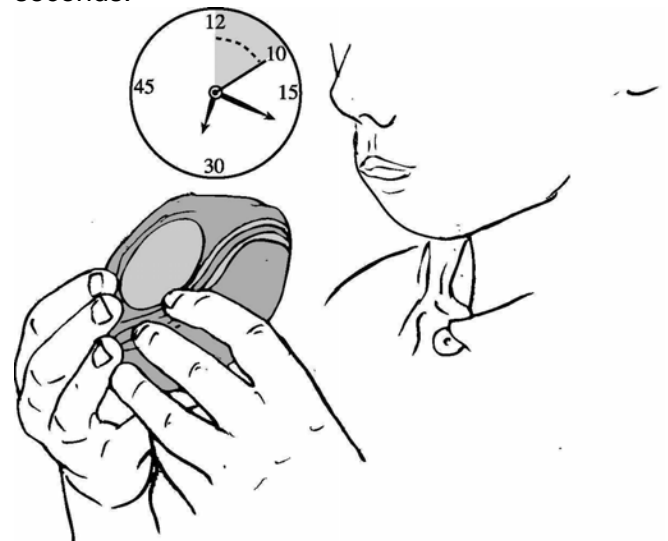
2 Slide the lever until it clicks. The medicine is now loaded.



3 Breathe out gently (away from the mouthpiece). Place mouth over the mouth piece and breathe in deeply and steadily through the mouth.



4 Remove accuhaler and hold breath for 10 seconds.

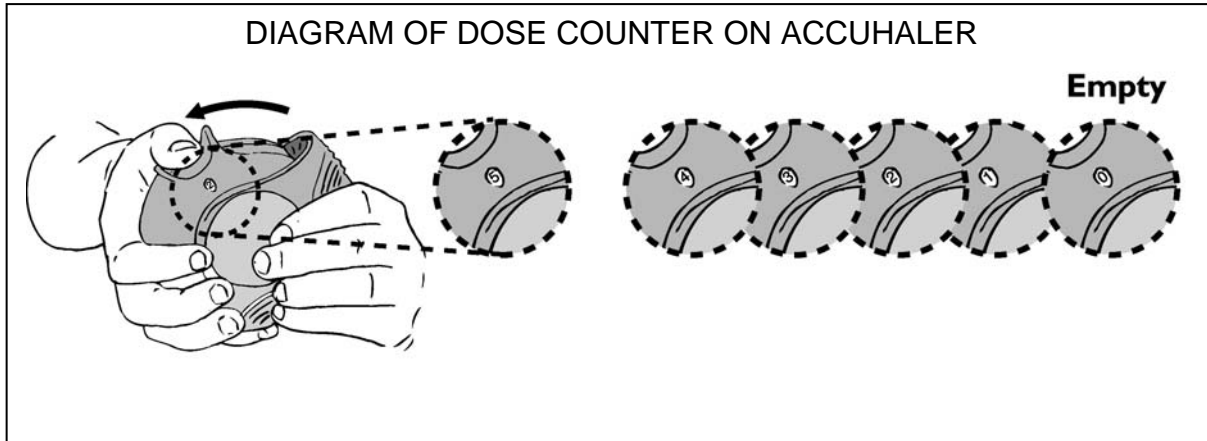


5. If another dose is required push lever back to the starting position and repeat steps 2 to 4.

6. When finished, close the accuhaler by placing thumb in the thumb grip and sliding it back around until the cover clicks back into place.

How Can I tell when the Accuhaler is empty?

There are 60 doses of medication in an accuhaler. A dose counter on the side of the accuhaler will tell you how many doses you have left. The last 5 will show up in red.



How to look after an Accuhaler

- Avoid breathing into the accuhaler.
 - Always keep it dry.
- Keep it closed when not being used.

This asthma delivery device sheet has been developed by the Asthma Foundation of WA and Asthma Liaison Nurses for Princess Margaret Hospital for Children

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