



**You can get a lot of support and advice from your pharmacist to help you with your medicines. They can also show you how to use your inhalers properly.**

**Talk to your pharmacist about having a Medicines Use Review – a personal meeting about how you use your medicines.**

**Make sure that you keep your inhalers where you need them. BUT think before you re-order – only order what you need.**



## Get the best from your preventer inhaler

- Using a preventer inhaler in the right way is very important. It keeps your breathing comfortable. These inhalers are usually brown, red or orange.
- Regular daily use of the inhaler reduces the inflammation in your lungs. This eases breathing difficulty.
- When you first start using a preventer inhaler you will not feel better straight away. It may be two weeks before breathing becomes easier for you.

## Changing dose

- Your doctor may need to increase your dosage if your condition gets worse. He or she may also reduce your dosage if your condition improves.
- Don't reduce or stop taking this medicine without speaking to your doctor first. He or she will tell you if the dose needs to go up, down or stay the same.
- Sometimes there may be side effects after using your steroid preventer inhaler, such as sore throat, hoarse voice or oral thrush.
- Using a spacer device with your inhaler and rinsing your mouth after using the inhaler may help to reduce these problems.

## Using the right inhaler

- **REMEMBER** – Your reliever inhaler (the blue one) works straight away when you are having trouble breathing. Regular use of the preventer inhaler should mean that you need the blue inhaler less often. Let your doctor know if you are using your blue inhaler more than three times a week.
- Get the best from your medicines and reduce the amount that's wasted.