

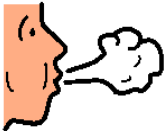


## How to use your inhalers

You will have 2 inhalers:

- You use the one inhaler every day to stop you getting asthma.
- You use the other inhaler when you feel wheezy to make you feel better.

1. Take the cap off the inhaler.



2. Blow out gently.



3. Put the inhaler in your mouth.

4. Press the top down and breathe in slowly.




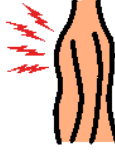
5. Take the inhaler out of your mouth.

6. Hold your breath for as long as you can.



7. Wait a short time before you take another puff.

## How many puffs to take

	 <p style="text-align: center;"><b>Morning</b></p>	 <p style="text-align: center;"><b>Night</b></p>	 <p style="text-align: center;"><b>When wheezy</b></p>
<p style="text-align: center;"><b>Colour of inhaler</b></p>	<p style="text-align: center;"><b>Number of puffs</b></p>	<p style="text-align: center;"><b>Number of puffs</b></p>	<p style="text-align: center;"><b>Number of puffs</b></p>

### **This bit is for the doctor or nurse to read:**

- Write colour of inhaler in appropriate box.
- Write number of puffs in appropriate box.
- Add other instructions as required.

By the Learning Disabilities Service Accessible Information Group

Telephone 0131 662 2119

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