



HOW WELL DO YOU KNOW YOUR INHALERS?

Most people have two inhalers:

- A preventer inhaler
- A reliever inhaler (often blue in colour)

What does your preventer inhaler do?

The preventer inhaler is the main treatment for your asthma. It contains a corticosteroid which reduces the swelling in your airways. When inhaler is used regularly it reduces your asthma symptoms and reduces your risk of an asthma attack.

When are you supposed to take your preventer inhaler?

Every day. Most preventer inhalers are used once or twice a day. You should use your preventer regularly even when you feel well and have no symptoms.

What does your reliever inhaler do?

The reliever inhaler contains a medicine (usually salbutamol or terbutaline) that acts quickly to open up your airways when you are having asthma symptoms or an asthma attack.

When are you supposed to take your reliever inhaler?

When you are experiencing asthma symptoms such as wheeze, cough, a tight chest and shortness of breath. It will give you immediate relief. However, the reliever inhaler does not prevent or control your asthma.

TOO MUCH RELIEVER INHALER MAY MEAN YOUR ASTHMA COULD BE MANAGED BETTER

What should I expect if my asthma is well controlled?

The goal of asthma treatment is to have no symptoms or very few symptoms. Asthma should not limit your activities.

Using the reliever inhaler opens your airways temporarily, however, it doesn't treat the underlying airway swelling which leads to asthma symptoms and attacks.

How much reliever inhaler is too much?

If you are using

- Your reliever inhaler **three or more times a week**, or,
- **Three or more reliever inhalers a year**

this is a sign your asthma may not be well controlled.

If your asthma is not well controlled this may reduce your ability to be active and increase your risk of an asthma attack.

So what can I do about this?

- Take your preventer inhaler every day
- If you are still having symptoms book in for an asthma review through your GP surgery

HOW TO USE YOUR INHALER

It is really important that you know how to use your inhaler correctly. For information on different inhalers and how to use them please visit:
asthma.org.uk
or scan the QR code below



Types of inhaler devices

There are different types of inhaler devices that deliver the same medication to your airways.

Inhalers come in:

- **Different shapes and sizes**
- Require **different inhaler techniques**.
- Some are best used with a **spacer** device and some do not need spacers.
- Some come with with a **dose counter** so you know exactly how much medication you have left.
- Some inhalers have a **lower carbon footprint**

Make sure that your inhaler is one you can use well and suits you best. You can talk about the different inhaler choices at your next asthma review.