

# Top 10 Inhaler Tips

1. Talk to your healthcare professional about your medication and device technique. Ask them which inhaler to use first and how long to wait between each inhalation
2. Clarify medication dose, when to take your inhaler and what to do if breathing symptoms deteriorate
3. Talk to them about the importance of checking inhaler technique REGULARLY
4. Discuss how and when to clean the device
5. Consider expiry dates of the device. Ask them if your device is reusable; if there is a discard date and how to discard the device.
6. Discuss safe storage and disposal of the device
7. Ask them how to prime the device
8. Ask what to do if your device malfunctions
9. Discuss the signs for an empty device and when it needs to be replaced
10. Ask them for patient information, Asthma Society resources or for a referral if necessary.

**Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity**