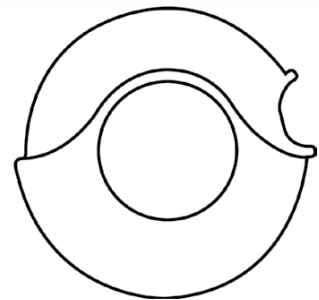


Dry Powder Inhalers: Accuhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use an Accuhaler

1. Check dose counter window. If numbers are red, it is time to get a new Accuhaler.
2. Open the device by holding the outer case. Using the thumb grip, slide the cover open as far as it will go.
3. Face the mouthpiece towards you.
4. Push the lever away from the mouthpiece until you hear the ‘click’.
5. Sit upright, tilting your head back (as if you are sniffing).
6. Hold the inhaler away from your mouth and breathe out fully.
7. Insert the mouthpiece into your mouth, ensuring that your lips firmly seal the mouthpiece. Keep inhaler horizontal.
8. Breathe in fully. While holding your breath, remove the inhaler from your mouth and hold your breath for about 5 seconds or as long as comfortable.
9. Breathe out slowly and gently, away from the inhaler.
10. Slide the thumb grip back over the mouthpiece.
11. Repeat steps 1 to 9 if a second dose required.

Caring for your Accuhaler

1. Wipe the mouthpiece with a clean, dry tissue.
2. Do not wash the mouthpiece or allow it to get wet when cleaning.
3. Close the cover when not in use.

When to get a new Accuhaler

There is a dose counter window on the side of the Accuhaler. When the numbers in the window turn red, it is time to get a new Accuhaler.

For a useful ‘How to use’ video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).