This is a metered-dose inhaler, or an MDI inhaler, and it’s probably the commonest inhaler around. We’ll just go through how to use it properly.

I’ll take it out. It’ll come with a cap on. Remove the cap. You give it a shake, okay? Then you hold the inhaler; you pop your mouth around the mouthpiece, and then start breathing in. Press the inhaler down, continue to breathe in nice and gently; big breath until you’ve reached full [inspiration], and that will be it.

You’ve taken once dose. Okay?

Yes, that’s fine.
Cathy: Then for a second dose, you take it out, give it a shake, and you repeat.

Emma: Okeydokey.

Cathy: Okay, so would you like to have a go? Give it a shake. Lovely. That's it.

Lovely, good. Then for a second puff, you'd shake it again and you'd repeat the procedure. Lovely.

This time, Emma, we're going to look at using a spacer with the inhaler.

Emma: Okay.

Cathy: Okay. What this will do; it will increase how much of the medicine you get down into your lungs.

Emma: Okay.

Cathy: Okay. Take the lid off the inhaler, give it a shake, pop it in the end of the spacer, and seal your lips around the mouthpiece of the spacer. When you're ready, you press the inhaler down, and then you inhale nice and gently through the spacer, and that's one puff.

Emma: Okay.
Cathy: Okay? You can take a couple of breaths in and out; there’s a one-way valve here, which is what rattles. You can breathe in and out; if you’re very breathless, you can take a couple of breaths, nice and gentle breaths in and out.

Okay. That’s one puff. Then to do a second puff, shake the inhaler, reinsert it, and again, when you’re ready, just press the inhaler, and again, breathe nice and gently through the spacer.

Emma: Okay. Okay?

Cathy: Okay. That’s it.

That’s lovely. Excellent.

The other type of device that you might come across is a dry powder device.

Emma: Okay.

Cathy: Okay? This is called a Turbohaler, and it just needs a slightly different technique.

Emma: Okay.

Cathy: Than the metered-dose inhaler. Unscrew the lid, and then you hold it upright, you twist the base clockwise and then anticlockwise, and it clicks. That’s loaded the medication into a
little giving chamber. Then when you’re ready, full, empty your lungs, seal your lips around the mouthpiece, and then what I’d like you to do is take a really big breath in, really deeply and forcefully, until you can’t breathe in any more, and then that will be the dose given.

Emma: Okay.

Cathy: Okay?

Emma: Yes.

Cathy: If you’d like to give it a go.

Super.

END AUDIO

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