Devices

Metered Dose Inhaler

- Small and portable
- Requires shaking before every puff
- Should be used with a spacer to increase medication intake





Turbuhaler

- Small and portable
- Breath-activated device that releases dry-powder medication
- Requires strong inward breath
- · Has a dose indicator

Accuhaler

- Small and portable
- Breath-activated, dry-powder device
- Requires strong inward breath
- Has a dose counter



Handihaler

- Small and portable
- Requires capsules
- Breath-activated, dry-powder device
- Requires strong inward breath

Ellipta Inhaler

- Small and portable
- Easy to use
- Has a dose counter

Breezhaler

- Small and portable
- Requires capsules
- Breath-activated, dry-powder device



Respimat

- Small and portable
- Releases fine mist that ensures more medication reaches the lungs
- Only requires normal inward breath
- Has a dose counter



- Always rinse, gargle and spit after taking any preventer medications.
- Assess device usage technique to ensure that the individual is getting most benefit out of the inhaler.
 Refer to device instruction manual.
- Always breathe out away from dry-powder devices to prevent moisture from getting inside.

Emergency

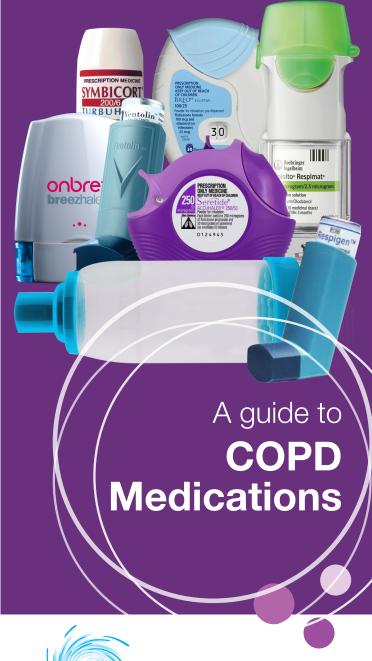
- Take immediate action
- If you are alone, dial 111 immediately and ask for an ambulance
- Use regular blue reliever through a spacer until seen by emergency services
- If two people present, 1st person dial 111 for ambulance and 2nd person administer medication

For further information, please contact Asthma New Zealand



581 Mt Eden Road, Auckland 1024 PO Box 67066, Mt Eden, Auckland 1349 Phone 09 623 0236, Fax 09 623 0774 Email: anz@asthma.org.nz

www.asthma.org.nz







	WHAT THEY DO	SIDE EFFECTS TO BE AWARE OF
Quick Relievers		
Short Acting Beta2-agonists (SABA) Respigen Ventolin Salair Bricanyl Turbuhaler	 Relax smooth muscles lining the airways Relieve symptoms of shortness of breath, wheezing, chest tightness and coughing SABAs work within 5 minutes and the effect lasts for 4-6 hours 	 Common side effects of SABAs include nervousness, tremors, headache, rapid heart rate
Short Acting Muscarinic Antagonists (SAMA) Atrovent	 SAMAs keep bronchial smooth muscles relaxed making it easier to breathe Work within 15 minutes and last for 4-6 hours 	 SAMA side effects include headache, dry mouth, throat irritation, cough, constipation, diarrhoea and vomiting
SABA/SAMA Combination		
Duolin	A combination of SABA and SAMA that lasts 4-6 hours	Same side effects as SABA and SAMA medications
Long Acting Relievers		
Cong Acting Beta2-agonists (LABA) Oxis Serevent Onbrez Serevent MDI	 Long-acting relievers are used for worsening symptoms to support long-term maintenance and treatment of tight airway muscles They take up to 20 minutes to work and last for up to 12 hours so must be taken every morning and night They are usually taken twice daily Only Onbrez lasts for 24 hours and is taken once daily 	LABA side effects include nausea, headache, tremors and rapid heartrate
Long Acting Muscarinic Antagonists (LAMA) Seebri Incruse Spiriva Handihaler Spiriva Respimat	Taken once daily, LAMAs keep bronchial muscles relaxed for up to 24 hours	LAMA side effects include dry mouth, different taste in your mouth, hoarse voice, headache and difficulty urinating
LABA/LAMA Combinations		
Anoro Ultibro Spiolto	 Used for more severe symptoms, these inhalers contain a combination of long-acting relievers that last for 24 hours Use in the evening if experiencing night-time symptoms or in the morning if experiencing daytime symptoms 	Same side effects as LABA and LAMA medications
Preventer Combinations		
Breo Ellipta Seretide MDI Seretide Accuhaler Symbicort Vannair	 Contain both a preventer and a long-acting reliever in a single inhaler Last for 12 hours and taken twice a day Reduce mucous production and inflammation/swelling in the airways May take some time to have an effect Only Breo lasts for 24 hours and is taken once daily 	 Hoarse voice, sore throat, oral thrush. Always rinse, gargle and spit after taking these medications to prevent side effects Preventer inhalers are sometimes prescribed alone. These include Flixotide, Beclazone, Qvar and Pulmicort.