

Devices

Metered Dose Inhaler

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



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

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A guide to
COPD
Medications



asthma
NEW ZEALAND

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

Long 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.