

# Accuhalers

Medication Information Leaflet

## What are Accuhalers?

- Accuhalers are inhaler devices that help deliver a specific amount of medication to your lungs.
- They are used to deliver medications that are used for the treatment of asthma and chronic obstructive pulmonary disease (COPD).
- Both asthma and COPD affect the lungs which makes it harder for the person to breathe.

## Why is it important to use Accuhalers correctly?

- Accuhalers deliver a very small dose of the medication each time, thus you usually do not feel or taste anything after a dose.
- Hence, it is important to use the Accuhaler correctly to get the full dosage and benefit from the medication.
- This allows the medication to have a higher chance of reaching the small airways, which increases the effectiveness of the medication and helps reduce any side effects.

## How do Accuhalers work?

Each Accuhaler consists of a plastic device that contains dry powdered medication. When you slide the lever on the thumb grip, a dose is made available. It is activated by breath. This means that when you inhale, the Accuhaler automatically releases the medication.

## How should I take/use Accuhalers?

Steps	Description
1	Hold the Accuhaler in one hand and put the thumb of your other hand on the thumb grip.
2	Open the Accuhaler by pushing the thumb grip away from you as far as it will go until you hear a click.
3	Hold the Accuhaler with the mouthpiece towards you.

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4	Push the lever away from you until you hear a click.
5	Breathe out gently and completely, away from the Accuhaler.
6	Place the mouthpiece in your mouth and seal

## What should I avoid when using Accuhalers?

Do not blow into the Accuhaler or immerse it into water.

Do not open the Accuhaler or play with the lever when it is not in use.

## How should I store Accuhalers?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

## How should I clean my Accuhalers?

Wipe the outside of the mouthpiece regularly (once a week) with a dry tissue. Do not use water or liquids when you clean the mouthpiece.

## How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

## Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

*Last reviewed on October 2020*

