



## Children's Respiratory Department

# Easi-breath Inhaler



**THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN**  
INCORPORATING THE NATIONAL CHILDRENS  
HOSPITAL

## Patient Information Leaflet

### The Children's Respiratory Team

Mary McDonald :  
Advanced Nurse Practitioner  
Candidate

Catherine Carrig :  
Clinical Nurse Specialist

Mary Devitt : Clinical Nurse  
Specialist

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**For appointments contact**

**01 4142409/4142410**

For further information on asthma  
and demonstration of devices log  
on to: [www.asthmasociety.ie](http://www.asthmasociety.ie)  
E-mail: [office@asthmasociety.ie](mailto:office@asthmasociety.ie)  
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**Salamol** (Salbutamol) is the blue  
inhaler known as the **reliever**.

- Two puffs of the blue inhaler can  
be taken up to four times a day if  
needed.
- It should work within five minutes  
and last up to four hours.
- It can be given up to four times a day

**Beclazone** (Beclamethasone) is the  
brown inhaler known as the **preventer**

- It is an anti-inflammatory medication  
and contains a steroid.
- It must be taken everyday to prevent  
inflammation in the lungs.
- Rinse your mouth after using the  
preventer to prevent hoarseness or oral  
thrush

**•When using the two inhalers always  
use the reliever (blue inhaler) first**

## HOW TO USE

1. Shake the inhaler
2. Hold the inhaler upright and make sure your hand is not blocking the air holes.
3. Open the cap
4. Breathe out gently as far as you comfortably can
5. Put the mouth piece in the mouth and close lips and teeth around it.
6. Breathe in slowly and deeply through the mouth piece.
7. Don't stop breathing when the inhaler puffs; continue taking a really deep breath.
8. Take the inhaler out of your mouth
9. Hold the breath for about 10 seconds
10. Then breathe out slowly
11. After use, hold the inhaler upright and close the cap.
12. For a second dose, wait a few seconds before repeating the above steps.

## CLEANING AND STORAGE

1. Store below 30 degrees Celsius
2. Keep the inhaler clean especially the mouth piece
3. Clean the mouthpiece daily
4. Clean the base casing weekly
5. To clean, unscrew the top and remove the metal canister.
6. Do not put the metal canister in water.
7. Keep the top of the body casing dry at all times.
8. Rinse the inhaler casing base in warm water and allow dry thoroughly in air.
9. Put the metal canister back in and close the dust cap then screw the top of your inhaler back on.

## FEATURES

1. This is a breath actuated metered dose inhaler.
2. It only releases a dose of medication when you breathe in.
3. Test spray before first use and if not used for a while
4. The optimiser is used with the Beclazone to reduce local side effects. Please see leaflet on how to use optimiser
5. See manufacturers information for further information