



Children's respiratory Department

Easibreath with optimiser



**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

01 4142000 bleep 7302 or 2945
01 4144246
01 4144751
(Monday - Friday)

For appointments contact

01 4142409/4142410

For further information on asthma
and demonstration of devices log on
to: www.asthmasociety.ie
E-mail: office@asthmasociety.ie
Phone: 1850445464

- **Salamol** (Salbutamol) is the blue
inhaler known as the **reliever**.
- Two puffs 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** (Beclomethasone) 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. Slot the optimiser firmly onto the mouthpiece of the inhaler
5. Breathe out gently as far as you comfortably can
6. Hold the mouthpiece of the optimiser in the mouth and close the lips and teeth around it
7. Breathe in slowly and deeply through the optimiser.
8. Don't stop breathing when the inhaler puffs; continue taking a really deep breath.
9. Take the optimiser out of your mouth.
10. Hold your breath for 10 seconds
11. After use, hold the inhaler upright, remove the optimiser 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 and optimiser
3. Clean the mouthpiece and optimiser 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
5. See manufacturers information for further details