

# Inhaler technique checks: Helping you get the best from your inhaler(s)



Inhalers can make an enormous difference for people with asthma and COPD by relieving symptoms and/or helping to prevent attacks – but many people don't use their inhalers correctly. That means you may not be getting the full benefit from your inhaler(s), and your asthma/COPD symptoms may be worse than they need to be.

Many pharmacies now offer **FREE** inhaler checks each year to patients with asthma/COPD who are registered with Greater Manchester GPs. The pharmacist will then help you get the most from your inhaler(s).

## Getting your free inhaler check in a pharmacy

You can go to any pharmacy in Greater Manchester that provides the inhaler check service. You will see the pharmacist in a quiet area (e.g. a consultation room) where you can speak in privacy and will not be disturbed.

The pharmacy will take some details (e.g. your name, address and GP), and will ask you to complete a very short questionnaire about your asthma/COPD. Then the pharmacist will chat to you about your inhaler(s), checking what you use when, and whether you have any problems with your inhaler(s) or your asthma/COPD. You will be able to talk in confidence so feel free to ask the pharmacist anything about your inhaler(s) – there are no silly questions.

The pharmacist will also ask you to show them how you use your inhaler(s). They will check your technique and explain how to get more benefit from your inhaler(s) if you are not using them to best effect. This may include recommending changes or further action by you or your GP.

If needed, the pharmacy will arrange to see you again six to eight weeks later to check how you are getting on. They will also inform your GP and, where appropriate, suggest any further action or changes that may help improve your asthma/COPD.