

# Inhaler choices

Did you know that by managing your lung condition well you can feel your best and help the environment?

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# 1

## Use your inhalers as prescribed

Taking your inhalers as prescribed, even if you feel well, is the best thing you can do for your lung condition.

If you have asthma, taking your preventer inhaler every day as prescribed keeps down inflammation and swelling in your airways. This will cut your risk of asthma symptoms and an asthma attack.

If you have COPD or another lung condition and you're given an inhaler for regular daily use, it's important to take it as prescribed. This can help you control your symptoms and reduce the risk of a flare up.

If your condition is well managed, you'll use fewer reliever (or 'rescue') inhalers to deal with symptoms, which is good for you and helps to reduce carbon emissions.

# 2

## Use the right inhaler technique

Using the correct technique every time you take your inhalers means more of the medicine goes straight to your lungs, where it's needed. This reduces your symptoms, prevents side effects, and wastes less medicine.



Visit the Asthma + Lung UK website to check your inhaler technique

# 3

## Together with your healthcare professional, change to a lower-carbon inhaler

Some inhalers use powerful greenhouse gases to push the medicine into your lungs. Though very safe for you, these gases make up around 3% of the NHS's total carbon footprint. Together with your doctor, respiratory nurse or pharmacist you can discuss changing to a lower-carbon dry powder inhaler (DPI) or a soft mist inhaler (SMI).

It's important to keep taking your current inhaler while you're thinking about changing to a lower-carbon inhaler. By managing your lung condition well, you are benefitting both yourself and the environment.

### **If you've already changed inhalers**

The best inhaler is one that works well for you. Changing to a lower-carbon inhaler works well for most people, but if you have any questions, please speak to your healthcare professional or call Asthma + Lung UK's Helpline. Their friendly nurses and healthcare advisors can be reached on **0300 222 5800** (Monday to Friday, 9am to 5pm).



Find out more about changing to a lower-carbon inhaler

# 4

## Ask your local pharmacy to dispose of your used inhalers

Don't put your used inhalers in the bin – instead, take them to your local pharmacy for disposal the next time you visit. They'll get rid of them in the most environmentally-friendly way.



Visit Asthma + Lung UK's inhaler choices page for more information, advice and support.

**Asthma + Lung UK and NHS England are working in partnership to support you to live better with your lung condition and help the environment.**