

How to use your inhaler



Do

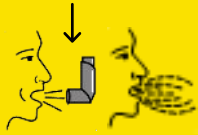
1. Remove cap and shake inhaler



2. Breathe out all the way



3. Press down on the inhaler. Slowly breathe in



4. Hold your breath for a count of 10



1 to 10

5. Slowly breathe out



Watch inhaler technique videos on YouTube:



Stop smoking



Take your prescribed medication



Check your sputum for changes



Stay active and exercise



Eat well



For further information

www.asthmaandlung.org.uk

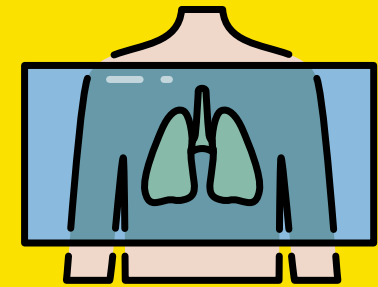


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COPD

Chronic Obstructive Pulmonary Disease



My COPD Action Plan



Name:



Date of birth:



GP Practice and contact:



Date of issue:



I feel well



My normal oxygen level % is:



On oxygen the level is at litres per minute



My usual inhalers are:



I feel unwell



Breathless



Coughing



Tight chest



Green sputum



Use your **blue** inhaler up to 4 times daily



Call your GP surgery



Take a sputum sample to your GP



Start antibiotics for 5 days



Start steroids 6 tablets a day for 5 days



I feel very ill



Hard to breathe



Tighter chest



Worried and frightened



Stay calm



Call 999 or 111



Take this plan to hospital with you



Other information like who I would like you to contact if I am ill