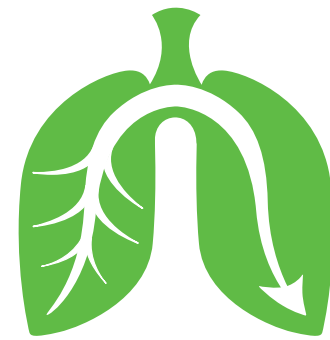
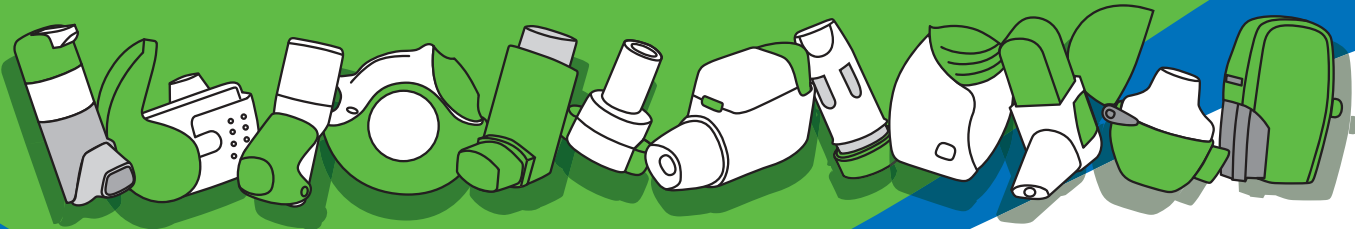


INHALERS



Inhalers
Think Green

PROTECT YOUR LUNGS

USING YOUR INHALER **CORRECTLY**
AS DIRECTED BY YOUR DOCTOR,
NURSE OR PHARMACIST WILL
IMPROVE YOUR HEALTH

- Visit: www.asthma.org.uk/advice/inhaler-videos/ for short and easy to watch videos showing you how to use your inhalers.
- Ask your pharmacist, nurse or doctor to check you are using your inhalers correctly and getting the best from them.

PROTECT THE ENVIRONMENT

- The gases (propellant) contained within some inhalers are powerful greenhouse gases which contribute to global warming, however these are not harmful to you.
- After an aerosol type inhaler has finished, it still contains these greenhouse gases.
- Landfill disposal of inhalers is harmful to the environment as the left-over gases from canisters is released into the atmosphere.
- If every inhaler-user in the UK returned all their aerosol type inhalers for one year, this could save 512,330 tonnes of CO₂eq - the same as a VW Golf car being driven around the world 88,606 times!



WHAT CAN I DO?

- Only order inhalers when required to reduce waste
- Use inhalers as directed by my doctor, nurse or pharmacist
- Check the way I use my inhaler is correct
- Make sure all doses in inhalers are used before disposal - use the dose counter on your inhaler (if it has one) to see how many doses are left
- Do not throw inhalers in any household rubbish or recycling bin
- Return used or unwanted inhalers to your local community pharmacy for safe disposal
- Use inhaler recycling schemes where available

FOR A GREENER **NHS**

For further advice or information please contact
RespiratoryPharmacymailbox@uhl-tr.nhs.uk

For short inhaler
technique videos
for each type of
inhaler device
scan here



Leicester, Leicestershire
and Rutland
Integrated Care Board

If you have any concerns about your inhaler medicines, contact your doctor, nurse or pharmacist for further advice