

## Your health care professional suspects you may have a lung condition called COPD



To get your treatment right and help you to feel better, you need to follow the plan

### What do I need to do

1. Collect medications and spacer device
2. Ensure you have watched the video clips sent to your phone which will give you the correct inhaler technique or read the patient information leaflet.
3. Start recording your peak flow readings as explained
  - a Three times and record the highest
  - b Record every morning and every evening.  
If you can do more readings throughout the day - that would be helpful.
4. Start using the blue inhaler if you have symptoms such as shortness of breath, tight chest, cough. ALWAYS use your spacer.
5. Attend your appointment with nursing team 2-4 weeks after being given this treatment.
6. If you do not attend, we are unable to prescribe any further medication.
7. Carry your blue inhaler and spacer AT ALL TIMES
8. **Please seek medical attention if your symptoms get worse.**

### IN CASE OF EMERGENCY

**You can use your blue inhaler up to 10 times with 60 seconds in between every dose.**

**Always use your spacer.**

Remember to sit down and try and relax your breathing  
If you need to use your inhaler 10 times during one episode you must seek urgent medical attention.

### Useful Links

<https://www.asthma.org.uk/advice/manage-your-asthma/peak-flow/>  
<https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>