

COPD: Using Your Ellipta Inhaler

Many people with COPD use a device called an Ellipta inhaler to get medicine deep into their lungs.

It's very important to learn how to use the Ellipta inhaler properly to make sure that you are getting the right amount of medication.

"Notice the number went down to two that means there are two left. Right now there is one dose loaded in the machine." – Dr. Lansing

If you don't, you could end up with more medication in your mouth than in your lungs.

An Ellipta inhaler has several parts: the cover; the mouthpiece; the air vent; and the dose counter.

Let's review each step.

First open the cover of the inhaler.

You will hear a click and the dose counter will go down one.

Breathe out fully, away from the inhaler.

Now put the mouthpiece into your mouth and close your lips around it.

Take a deep breath in, while making sure to not block the air vent on the inhaler.

Take the inhaler out of your mouth and try to hold your breath for 10 seconds to let the medication settle in your lungs. Then breathe normally.

Close the cover of the inhaler.

Remember when using your Ellipta inhaler to...

Open the cover, listen for the click.

Breathe out fully, away from the inhaler.

Put the mouthpiece into your mouth.

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Take a deep breath in.

Hold your breath for 10 seconds.

Close the cover of the inhaler.

It is important to rinse your mouth, and spit the water out, after using the Ellipta inhaler.

This removes any powder that has settled on your tongue or in your mouth and will help prevent a yeast infection in your mouth called thrush.

Take your Ellipta inhaler with you to all of your regular appointments. It's a good idea for your provider to review your technique.

Your Ellipta inhaler helps to get medication where it's needed, in your lungs. Take it as directed to get the benefit from your medication.