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Managing your inhaler stock at home

- Check your inhaler dose counter (only available on certain inhalers), this will help you manage your repeat prescription ordering.

- Check your stock before you order more. It's always best to have two of each inhaler available (one in use and another one as a spare). When you finish the one in use and start on the spare inhaler, it is time to reorder an additional inhaler.

- Don't waste your inhalers by spraying a test dose. An empty inhaler will still 'puff' when you spray it or sound like it has something in when you shake it, due to the propellant.

- If you have more than one inhaler on your repeat prescription, it is common to have these inhalers running low at different times due to the differences in how often you use them.

- If your inhalers are to be inhaled when required, then these inhalers will normally last you longer.

- The inhalers will stay on your repeat prescription even if you do not reorder them. Any changes to your repeat prescription will be discussed with you, by a health care professional.

- If your pharmacy helps you with ordering your prescription tell them if you have enough inhalers and do not need more.

- If your inhalers are not lasting as long as you would expect, contact your GP practice for a review.

- Ensure that you go for regular asthma or COPD reviews at your GP practice to check you are using your inhalers correctly.

- If there are no directions on how to use your inhaler on the pharmacy label, speak to your pharmacy or GP practice for advice.

Produced by IES Medicines Optimisation Team on behalf of SNEE Integrated Care Board. Approved by SNEE IMOC 11/24. Review 11/26

Bulletin 255. Prevent Medicine Waste Campaigns - inhalers, insulin, ONS (sip feeds) and general campaign (prescqipp.info) Accessed 21/9/24

Ask About Asthma week (jpaget.nhs.uk) Asthma-week-How-can-I-tell-if-my-inhaler-is-empty.pdf Accessed 21/9/24

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Guide to see how long your inhaler should last

If your dose is not in the table – please speak to your pharmacy about how long your inhalers should last before you need to reorder.

Number of doses per inhaler (metered doses/actuations)	Number of doses per day (This is on the pharmacy label on the inhaler)	How often ONE inhaler would need reordering	Tick your dose
200	ONE puff TWICE a day	Every 3-4 months	
200	TWO puffs ONCE a day	Every 3-4 months	
200	TWO puffs TWICE a day	Every 50 days (6-7 weeks)	
200	TWO puffs THREE times a day	Every 33 days (4 weeks)	
200	ONE puff FOUR times a day	Every 50 days (6-7 weeks)	
120	TWO puffs ONCE a day	Every 60 days (8 weeks)	
120	ONE puff TWICE a day	Every 60 days (8 weeks)	
120	TWO puffs TWICE a day	Every 30 days (4 weeks)	
100	ONE puff TWICE a day	Every 50 days (6-7 weeks)	
100	TWO puffs TWICE a day	25 days (1 inhaler every 3 weeks or order 2 inhalers every 6 weeks)	
100	TWO puffs ONCE a day	Every 50 days (6-7 weeks)	
60	ONE puff TWICE a day	Every 30 days (4 weeks)	
60	ONE puff ONCE a day	Every 60 days (8 weeks)	
60	TWO puffs TWICE a day	15 days (1 inhaler every 2 weeks or order 2 inhalers every 4 weeks)	
60	TWO puffs ONCE a day	Every 30 days (4 weeks)	
30	ONE puff ONCE a day	Every 30 days (4 weeks)	

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