



# Inhalers and the environment



choosing an inhaler which is good for you and good for the planet

## The most important thing

When managing your lung condition there are a few different types of inhalers, the main ones are Metered Dose Inhalers (MDI), Soft Mist Inhalers (SMI) and Dry Powder Inhalers (DPI).

When choosing an inhaler your health is ALWAYS the priority, so having an inhaler that works well for you is most important!

## What's it got to do with the environment?

MDIs contain propellant gases to help medicine come out of the canister, these gases contribute to climate change. DPIs do not contain propellants. You can find out more on the [green inhaler](#) website.

*The equivalent car CO2e gas emissions of each type of inhaler :*



## Is a DPI suitable for me?

- Unlike MDIs, DPIs don't require the complex coordination to get the medication into your airways. DPIs only need a fast deep breath to work.
- If you are using an MDI you should be using a spacer as it improves medication delivery. With DPIs, there is no need for a spacer.
- Most DPIs also have a dose counter which shows how many doses remain. This means you're less likely to find that your inhaler is empty in an emergency!
- DPIs might not be suitable for some people including **young children, some elderly patients or those with weak breath.**



There are many different types of DPIs e.g. accuhalers, spiromax

An easy way to help the environment is to return your inhalers to a pharmacy so the greenhouse gases can be safely destroyed or the device can be recycled. Do not dispose of inhalers in household waste.



If you are using your reliever inhaler (usually the blue inhaler) **3 or more times a week due to Respiratory symptoms such as breathlessness or you are using more than 3 reliever inhalers in a year** then you should **book an appointment** to review your Respiratory treatment as your condition could be better controlled.

Remember, whatever type you use, checking you can use your inhaler correctly is the best way to help you manage your condition and stay well.

Finally, any changes are always reviewed, so if you don't get on with your new inhaler you can talk to your GP practice about trying another.

*Scan the QR code to watch videos showing inhaler technique for all the different types*



