



## How will my new preventer inhaler work?

Your new CFC-free preventer inhaler will work in a similar way to your old CFC-containing inhaler.

There is a chance that you might notice slight differences in the spray that leaves your inhaler. For example:

- there may be no cold effect when the spray hits the back of the throat
- the spray may leave the inhaler at a slower speed
- there could be a softer sensation at the back of the throat
- the spray might have a very slightly different taste.

It is very important you are using your inhaler correctly to get maximum effect from each dose.

Consult your doctor, asthma nurse or pharmacist if you are unsure, or do not think your inhaler is working as well as it should be.



## Who can I speak to if I have any questions?

Do contact your GP, asthma or practice nurse or your pharmacist if you have any worries or concerns.

There are also a number of useful websites that have information about asthma and how it is managed including:

Asthma UK  
[www.asthma.org.uk](http://www.asthma.org.uk)

British Lung Foundation  
[www.lunguk.org](http://www.lunguk.org)



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# Do you use a brown inhaler?

Your brown inhaler may need to be changed.

Please ask your Healthcare Professional for further details.





## What is a CFC-free inhaler?

Chlorofluorocarbons (CFCs) have been used for many years as the propellants in inhalers (puffers) used to treat asthma and other related conditions.

Inhalers are now being produced which do not contain CFCs – they are called CFC-free inhalers.



## Why do we need CFC-free inhalers?

CFCs damage the ozone layer that protects the Earth's surface and us from the harmful rays of the sun.

As more CFC-free preventer inhalers are becoming available, the Government is encouraging a move from CFC-containing to CFC-free inhalers to help protect the ozone layer.



## My preventer inhaler still contains CFCs – what do I need to do?

You should continue using your current CFC-containing preventer inhaler as prescribed by your doctor until you are prescribed with a CFC-free inhaler.

It is possible that, for a time, your doctor or asthma nurse may decide to keep you on your current CFC-containing inhaler even though there are CFC-free options available.

However, once CFC-containing preventer inhalers are withdrawn, your doctor will change your medication to a CFC-free preventer inhaler.

You will have enough time to talk to your doctor or nurse about the change to CFC-free inhalers.

There are two types of inhalers – preventer inhalers and reliever inhalers:

- most **reliever inhalers** are CFC-free. You take this inhaler when you have an asthma attack to help ease the symptoms
- **preventer (usually steroid) inhalers** help prevent you from having an asthma attack and should be taken every day, even if you do not have an attack. Some of these inhalers contain CFCs. However, there are more preventer inhalers being produced which are now CFC-free.