

# MEDfacts

An Educational Health Series From National Jewish Health®



## Using the Ellipta™

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

The Ellipta consists of a plastic device containing powdered medication. The Ellipta is breath activated. This means when you inhale, the Ellipta automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Ellipta a desirable method for inhalation treatment.

The following steps outline the best method to use the Ellipta.

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### Before Using a New Ellipta:

- Take the Ellipta out of the foil tray. Throw away the desiccant packet used to reduce moisture in the tray.
- Write the tray opened and discard dates on the inhaler label. The Discard date is 6 weeks from the date you open the tray.

### Taking an Inhaled Treatment:

- Wait to open the cover until you are ready to take your dose.



- Slide the cover down. You will hear a click.
  - This will open the Ellipta so you can see the mouthpiece.
  - This will also load the medicine.
  - The counter will count down one number.



- Your inhaler is ready to use.
- Hold the Ellipta level and away from your mouth and gently breathe out. Never exhale into the Ellipta.
- Seal your lips around the mouthpiece.
- **Inhale rapidly and deeply.** Continue to take a full, deep breath. Do not block the air vent with your fingers.
- **Hold your breath for up to ten seconds.** This allows the medication time to deposit in the airways.
- **Resume normal breathing.**
- **Close the Ellipta.** The mouthpiece will be hidden by the cover when closed.
- **If the medicine you are taking is Breo™ Ellipta™, rinse your mouth after taking the medicine.**



### Identifying When the Ellipta is Empty:

- **The Ellipta has a dose indicator on the side of the device.** Numbers on the dose indicator show how many doses are left.
- When there are nine doses left in the Ellipta there will be a red square next to the number. This means the Ellipta is almost empty
- When the red square appears without the number, the Ellipta is empty. Plan to get a new Ellipta before the dose indicator becomes a red square.



### Care and Cleaning:

If the mouthpiece is dirty, wipe it with a cloth. Do not put the Ellipta in water. Keep the Ellipta closed when not in use.

Note: This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician

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