

Dear Patient,

The NHS is committed to reducing greenhouse gas emissions from inhalers, with a target to reduce the carbon impact of inhalers by 50% by 2030.

There is increasing evidence of the negative environmental impact of metered dose inhalers (MDIs), like your Salbutamol. They contain propellants that are potent greenhouse gases. These propellants are 3000 times more potent than CO<sub>2</sub> and can last 1000 years in the atmosphere.

Your doctor would like you to have a dry powder Easyhaler Salbutamol 100microgram, instead of your current Salbutamol MDI. In the interim **use up your old Salbutamol Inhaler** before you pick up your new Easyhaler to avoid wastage.

Benefits of using dry powder inhalers:

- ✓ Dry powder inhalers do not use propellant gases. By switching from a meter dose inhaler to a dry powder inhaler, the carbon emissions per inhaler is reduced 41 times. This will be a significant contribution to helping the environment.
- ✓ Dry powder inhalers are often easier to use and do not require coordination between pressing the device and breathing in.
- ✓ The Easyhaler Salbutamol 100microgram dry powder inhaler delivers exactly the same amount of medicine as your original inhaler.
- ✓ Dry powder inhalers have a dose counter making it easier to see when you are going to run out and plan to request another prescription.
- ✓ I suggest watching the inhaler technique video from Asthma UK, <https://www.asthma.org.uk/advice/inhaler-videos/easyhaler/>

If after watching the video and reading the patient leaflet inside the packaging, you are not sure if you are using it correctly, please speak with your community pharmacist or ask to speak with a member of the pharmacy team at the surgery. Many thanks for your understanding and support.

Also, a note on how to **dispose a finished inhaler** - if put in the general waste, it can end up in landfill. This risks the canister being crushed or pierced, releasing more propellant into the atmosphere. For this reason and to reduce plastic pollution, when you finish using your inhalers, please **return them to a pharmacy** to be disposed of in an environmentally safe way.

Kind regards,  
Practice support pharmacist  
On behalf of Quedgeley Medical Centre