

**Patient
Information**

The impact of your inhaler on the environment

Introduction

This leaflet aims to help you make more informed decisions about your inhaler choice while considering its impact on the environment.

- Your inhaler can have a big impact on your carbon footprint.
- You can reduce the carbon footprint of your inhaler by **making sure you are using your inhalers appropriately** and **returning to a pharmacy for disposal**.



How to use your
inhaler

Inhaler type

This leaflet considers the 2 most commonly used types of inhaler, pressurised Metered Dose Inhaler (pMDI) and Dry Powder Inhaler (DPI).



Metered dose inhaler (MDI) +
spacer



Dry Powder Inhaler (DPI) –
these are now considered
1st line

Reference No.

GHPI1721_05_22

Department

Respiratory

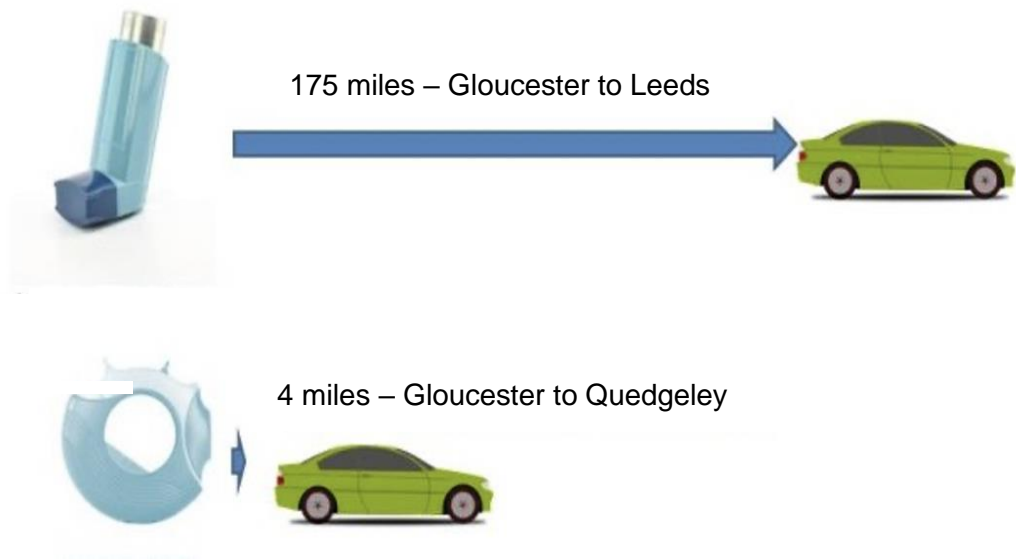
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Carbon footprint of DPIs versus MDIs:

- MDIs contain hydrofluorocarbons (HFCs), which are powerful greenhouse gases.
- The carbon footprint of an MDI can be up to 28kg of CO₂ whereas DPIs are usually less than 1kg.
- This is the equivalent of driving 175 miles (MDI) vs 4 miles (DPI).



Switching inhalers

DPIs are now considered the first choice and the NHS encourages everyone to switch from an MDI to a DPI if they are able to do so. However, not all patients may be able to use DPIs. **The most important thing is to keep your disease under control.**

If you would like to make the switch or you would like to know if a DPI would be suitable for you, please speak to your GP or respiratory clinician.

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Using a DPI

- You must be able to take a quick and deep breath for 2 to 3 seconds.
- Most adults find DPIs simpler to use than MDIs because it is easier to get the technique right.
- You do not need to breathe in at the same time you press the inhaler with DPIs.
- You must make sure that your GP or respiratory nurse shows you how to use DPI and that you feel confident in doing so.

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