

How long should different inhalers last?

This guide advises how frequently you should expect to receive prescription requests for inhaler devices. If requests are made more frequently than stated below, this should be queried with the person who requested the prescription and brought to the attention of the GP/asthma/COPD nurse. Frequent requests for inhalers may indicate that a patient has worsening symptoms and requires a review of their treatment. A high number of prescription requests may also be an indication that inhalers are being stockpiled – resulting in medicines waste.

NB This is not a guide to therapeutic doses, the full dose range is not included for all preparations.

Number of doses per inhaler	Dose	Number of puffs per calendar month (28 days)	How often the inhaler would need ordering
30 dose inhaler e.g. Tiotropium (Spiriva) handihaler, Seebri Breezhaler, Ultibro Breezehale, Braltus Zonda, Incruse Ellipta, Anoro Ellipta	1 puff once daily	28 puffs per month	1 inhaler per month
50 dose inhaler e.g. Budesonide 400 turbohaler (Pulmicort 400)	1 puff twice a day	56 puffs per month	1 inhaler every 3-4 weeks
	2 puffs twice a day	112 puffs per month	Will last 12 days – 2-3 inhalers per month
60 dose inhaler e.g. Serevent accuhaler, Ventolin accuhaler, Oxis turbohaler, Spiriva Respimat, Striverdi Respimat, Seretide accuhaler, Eklira Genuair, Duaklir Genuair, Budesonide 400/Formoterol 12 dry powder (Symbicort turbohaler 400/12), Fluticasone dry powder (Flixotide accuhaler), Fusacomb Easyhaler, AirFluSal Forspiro, Aerivio Spiromax	1 puff ONCE a day	28 puffs per month	1 inhaler every 2 months
	1 puff TWICE a day	56 puffs per month	1 inhaler per month
	1 puff FOUR times a day	112 puffs per month	2 inhalers per month
	1-2 puffs ONCE a day	56 puffs per month	1 inhaler per month
	1-2 puffs TWICE a day	112 puffs per month	2 inhalers per month
	1-2 puffs FOUR times a day	224 puffs per month	4 inhalers per month

100 dose inhaler e.g. Formoterol CFC (Atimos modulate), Terbutaline dry powder (Bricanyl turbohaler) <i>*Terbutaline/Bricanyl see note below</i>	1 puff ONCE a day	28 puffs per month	Will last 100 days – 1 inhaler every 3-4 months
	1 puff TWICE a day	56 puffs per month	Will last 50 days – 1 inhaler every 2 months
	1 puff FOUR times a day	112 puffs per month	Will last 25 days – 1-2 inhalers per month
	1-2 puffs ONCE a day	56 puffs per month	Will last 50 days – 1 inhaler every 1-2 months
	1-2 puffs TWICE a day	112 puffs per month	Will last 25 days – 1-2 inhalers per month
	1-2 puffs FOUR times a day	224 puffs per month	Will last 12 days – 2-3 inhalers per month

120 dose inhaler e.g. Salmeterol (Serevent) evohaler, Formoterol easyhaler, Fostair MDI, DuoResp Spiromax, Budesonide/Formoterol dry powder (Symbicort turbohaler 100/6 and 200/6), Sirdupla, Soltel, Fluticasone (Flixotide) evohaler, Fluticasone/Salmeterol CFC free (Seretide evohaler)	1 puff ONCE a day	28 puffs per month	1 inhaler every 4 months
	1 puff TWICE a day	56 puffs per month	1 inhaler every 2 months
	1 puff FOUR times a day	112 puffs per month	1 inhaler per month
	1-2 puffs ONCE a day	56 puffs per month	1 inhaler every 2 months
	1-2 puffs TWICE a day	112 puffs per month	1 inhaler per month
	1-2 puffs FOUR times a day	224 puffs per month	2 inhalers per month

200 dose inhaler e.g. Salbutamol (Ventolin) evohaler, Qvar MDI, Clenil MDI, Airomir Autohaler, Easyhaler Salbutamol, Salamol Easi-Breathe, Ipratropium (Atrovent) <i>*Salbutamol/Ventolin see note below</i>	1 puff ONCE a day	28 puffs per month	Will last 200 days – 1 inhaler every 7 months
	1 puff TWICE a day	56 puffs per month	Will last 100 days – 1 inhaler every 3-4 months
	1 puff THREE times a day	84 puffs per month	Will last 66 days – 1 inhaler every 2-3 months
	1 puff FOUR times a day	112 puffs per month	Will last 50 days – 1 inhaler every 1-2 months
	1-2 puffs ONCE a day	56 puffs per month	Will last 100 days – 1 inhaler every 3-4 months
	1-2 puffs TWICE a day	112 puffs per month	Will last 50 days – 1 inhaler every 1-2 months
	1-2 puffs THREE times a day	168 puffs per month	Will last 33 days – 1 inhaler per month
	1-2 puffs FOUR times a day	224 puffs per month	Will last 24 days – 1-2 inhalers per month

**NB - Short acting beta agonists (SABAs) – i.e. Salbutamol (Ventolin) and Terbutaline (Bricanyl) - “Reliever inhalers”*

Asthma: Patients using 8 puffs a day on more than 2 days a week indicates poor control of asthma symptoms.

We would recommend that any patient using more than 2 reliever inhalers in a year have their technique and compliance checked.

Notify GP or asthma nurse if patients are ordering at least 1 inhaler every month. This could indicate that the patient has worsening symptoms and needs a review.