

How long should my regular inhaler last?

We know from our records that a lot of patients request their inhalers at shorter intervals than expected.

It is possible to calculate approximately how long an inhaler, when used regularly, should last from the number of doses used daily and the total number of doses in each inhaler. We have shown this in the table below. (Some patients use inhalers such as Easyhalers, Symbicort, Flutiform and Seretide which have a dose counter. If you have **20 or fewer doses left** please order further supplies from your GP).

Please use this as a guide to see how long your regular inhaler should last and when you will need to reorder your inhaler.

Number of doses per inhaler	Number of doses per day	Period inhaler should cover (approx)
200	One puff twice a day	100 days (3months)
200	Two puffs twice a day	50 days (6-7 weeks)
200	Two puffs three times a day	35 days (5 weeks)
200	Two puffs four times a day	25 days (3-4 weeks)
120	One puff twice a day	60 days (8 weeks)
120	Two puffs twice a day	30 days (4 weeks)
100	One puff twice a day	50 days (6-7 weeks)
100	Two puffs twice a day	25 days (3-4 weeks)
60	One puff twice a day	30 days (4 weeks)
60	Two puffs twice a day	15 days (2 weeks)
50	One puff twice daily	25 days (3-4 weeks)

You should ensure that you do not run out of your inhalers but please do not re-order your inhalers before you need to as they could go out of date before they are required.

