CORRECT USE OF VARIOUS INHALERS

**Metered Dose Inhaler**

1. Remove the cap and shake the inhaler. (Contents crystalize and need to be shaken vigorously a few times so that each dose contains the right mixture of the medication.)

2. Hold the inhaler upright.

3. Tilt your head back slightly and breathe out all the way.

4. Use one of these methods:
   a. Open mouth with inhaler 1 to 2 inches away.
   b. Use a spacer or holding chamber (attached to the inhaler).
   c. Put inhaler in mouth and seal lips around the mouthpiece.

5. As you start breathing in slowly through your mouth, press down on the inhaler one time to release the medication.
   a. Breathe in slowly for 3 to 5 seconds; then hold your breath for 10 seconds (count slowly to 10) to allow the medicine to get to the lungs.
   b. For a spacer or holding chamber, press down on inhaler one time; within 5 seconds begin to breathe in slowly as deeply as you can.

6. Wait 1 MINUTE before repeating the process for the next puff if the machine is a quick-relief beta-2 agonist. This will allow the second dose to get even lower in the lung than the first dose.

7. Cleaning the inhaler: If there is powder in or around the hole, remove the metal canister from the L-shaped plastic mouthpiece. Rinse in warm water and let dry overnight. In the morning, put the canister back inside and put the cap on.

8. Check amount in canister: The number of puffs is listed on the canister. Figure out how many puffs you take each day and divide that number into the number of puffs in the canister. This tells you how many days the canister should last. Write the date on a new canister.

**How to Use a Spacer**

(This device is especially helpful with younger children. It holds the medicine in the chamber so that it can be inhaled in one or two slow, deep breaths.)

1. Shake canister well.

2. Attach the inhaler to the spacer or holding chamber.

3. Press the button on the inhaler so that one puff of medicine is pushed into the holding chamber.

4. Breathe out.

5. Place the mouthpiece of the spacer in the mouth and inhale slowly.

6. Hold your breath for a few seconds and then exhale.

7. Repeat steps 5 and 6.

8. To clean: Remove back piece (but do not tamper with valve during cleaning). Soak both parts for 15 minutes in lukewarm water with liquid detergent. Agitate gently. Rinse in clean water. Shake out excess water. (Do not rub dry.) Air-dry in vertical position.

**Dry-Powder Inhaler Aerolizer**

1. Remove one capsule from a blister card immediately before using.

2. Remove inhaler cover and twist mouthpiece open exposing the chamber. Place capsule in chamber and twist closed.
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3. Hold aerolizer vertically with the open end up. Depress side buttons once, both at same time and listen for click. Release buttons.
4. Move aerolizer into horizontal position with buttons on the sides.
5. Exhale away from mouthpiece.
6. Tilt head back, place mouthpiece in mouth, close lips tightly and breathe in quickly and steadily.
7. Hold breath as long as possible... and then exhale.
8. Open inhaler to check if any powder remains in chamber; if it does, repeat steps 4 to 8 but do not push the buttons again.
9. Do NOT wash this device and do not swallow capsules.

**Dry-Powder Inhaler Diskus**
1. Note number of doses that appears on the dose counter.
2. Keep inhaler in a horizontal position at all times; do not shake.
3. Place thumb in thumb rest and pull cover fully open until click is heard and mouthpiece is exposed.
4. Move lever back until click is heard.
5. Exhale away from mouthpiece.
6. Tilt head back, place mouthpiece in mouth, close lips tightly and breathe in quickly and steadily.
7. Hold breath as long as possible... and then exhale.

**Dry-Powder Inhaler Turbuhaler**
1. Look for red dot in dose window. If it occurs, there are 20 or fewer doses remaining. When red dot is fully exposed at bottom of dose window, the device is empty.
2. Twist cover counterclockwise off inhaler while holding brown base.
3. Hold inhaler vertically; holding the base, grip and twist inhaler to right and then left until a click is heard.
4. Move Turbuhaler into horizontal position.
5. Exhale away from mouthpiece.
6. Tilt head back, put mouthpiece in mouth, close lips tightly, and breathe in quickly and steadily.
7. Remove from mouth and hold breath as long as possible... and then exhale.
8. Rinse mouth and spit after use.

**Nebulizer (Used for Young Children with the Assistance of the School Nurse)**
1. Measure correct dose of medication and place in the cup of the machine.
2. Fasten the mouthpiece to the T-shaped part and then fasten this unit to the cup.
3. Put mouthpiece in mouth. Seal lips tightly around it.
4. Turn on air compressor machine.
5. Take slow, deep breaths in through the mouth.
6. Hold each breath 1 to 2 seconds before breathing out.
7. Continue until the medicine is gone from the cup (about 10 minutes).
8. Clean: Remove mouthpiece and T-shaped part from cup and rinse in warm running water. Do not wash or rinse tubing. Shake off excess water and air-dry on a clean paper towel.