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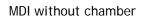
How to Use My Inhaler

- Inhaled respiratory medications are often taken using a device called a metered dose inhaler (MDI). It is a pressurized canister which has a mouthpiece to deliver a consistent dose of medication with each pump.
- An MDI can be administered with a device called a chamber/spacer or just by itself. A chamber is a one way valve that holds the medication until it gets inhaled. It gets the medication into the lungs more effectively

<u>Directions:</u> With every new MDI, priming is essential to do before first use or if you have not used it for longer than 14 days. Pump the medication a few times in the air to make sure it is ready (see individual package inserts since priming may vary).

MDI with chamber

- 1. Remove cap and shake well. Insert MDI into chamber on the opposite end of the mouth piece.
- 2. Breathe out completely then place mouthpiece of the chamber between your teeth and seal your lips tightly around it.
- 3. Press the canister once, then breathe in slowly through your mouth. If you hear a "horn-like" sound, you are breathing too quickly.
- 4. Hold your breath for 10 seconds to allow medication to reach the airway of the lungs.
- 5. Repeat the above steps for each puff ordered by your Doctor/PA. Wait about 1 minute before administering more puffs.



- Remove cap and shake well. Breathe out completely then place mouthpiece of the chamber between your teeth and seal your lips tightly around it.
- 2. As you start to breath in slowly, press the canister once. Continue to breathe in slowly for as long as you can.
- 3. Hold your breath for 10 seconds to allow medication to reach the airway of the lungs.
- 4. Repeat the above steps for each puff ordered by your Doctor/PA. Wait about 1 minute before administering more puffs.



MDI with chamber



MDI without chamber

Note:

- If you are using a corticosteroid MDI (Advair, Pulmicort, Symbicort, Dulera, Flovent, Asmanex, Aerospan or Qvar), rinse mouth out with water and brush teeth or gargle with mouthwash after each use.
- It is important to keep track of how much medication is in your inhaler. Most have a counter showing the number of puffs remaining so you can get a new inhaler when the count is low.

Today I was given ______. Use ____ puffs, ____ times a day.

This information was taken from: http://my.clevelandclinic.org/devices/inhalers/hic how to use a metered dose inhaler.aspx