



How to Take Your Inhaler Medicines

Spray Inhaler With Spacer or Holding Chamber



1. Take off the inhaler cap, and make sure the opening is clean. Shake the inhaler for 5 seconds.



5. Start to take a slow, deep breath. If you hear a whistle, breathe slower, but keep taking a deep breath. Do not breathe through your nose.



2. Put the inhaler into the spacer.



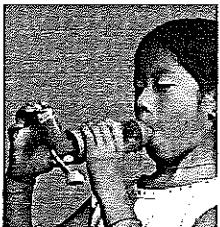
6. Take the spacer out of your mouth, and hold your breath. Count to 10 slowly.



3. Breathe out all the air in your lungs.



7. Breathe out slowly through pursed lips (like cooling soup on a spoon).



4. Put the spacer in your mouth, and close your lips tightly around the mouthpiece. Spray 1 puff of medicine into the spacer.

It is best to use an inhaler with a spacer, so more medicine will get into the lungs.

If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.

To clean your spacer:

- Take the medicine canister out, and put it to the side.
- Take off the mouthpiece, and wash it in warm, soapy water.
- Rinse and let it dry on a towel.
- When they are dry, put all the pieces together.

To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, check the package insert instructions to find out when it needs to be primed. For example: some inhalers need to be primed after 3 days, others after 14 days.

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How to Take

Your Inhaler Medicines

Spacer With a Face Mask



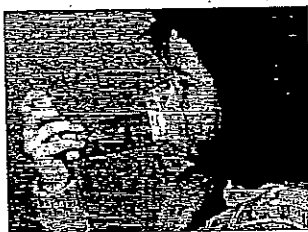
1. Take off the inhaler cap, and make sure the opening is clean. Shake the inhaler for 5 seconds.



2. Put the inhaler into the open end of the spacer.



3. Put the mask over the nose AND mouth. Press against the face gently so no air or medicine escapes.



4. Spray 1 puff of medicine, and hold the mask in place.



5. Breathe in and out six times.

It is best to use an inhaler with a spacer, so more medicine will get into the lungs.

If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.

To clean your spacer:

- Take the medicine canister out, and put it to the side.
- Wash the spacer in warm, soapy water.
- Rinse and let it dry on a towel.
- When they are dry, put all the pieces together.

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How to Take

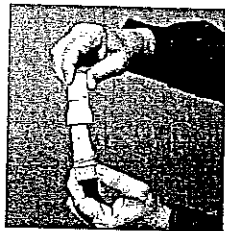
Your Inhaler Medicines

Dry Powder Inhaler (DPI) – Twisthaler

Open the Inhaler



1. Hold the inhaler straight up with the pink or gray base on the bottom.



2. Hold the base, and twist the white cap to the left. The dose counter counts down by one as you twist off the white cap.

Rinse your mouth with water, gargle and spit. Do not swallow.

- Repeat each step every time you take a dose.
- Do not get the inhaler wet.
- Store in a cool, dry place.

Inhale the Dose



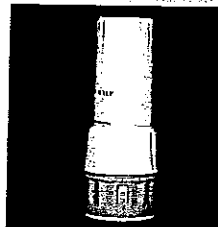
3. Turn your head and breathe out.



4. Close your lips tightly around the mouthpiece, and take a deep, fast breath. Hold the inhaler sideways.



5. Take the inhaler out of your mouth, and hold your breath for 10 seconds. Replace the cap on the inhaler, and twist to the right until it clicks. It must be fully closed to load the next dose.



6. Be sure the arrow on the cap is lined up with the dose counter on the pink or gray base.

Dry powder inhalers are controller medicines. They are not to be used for quick relief.

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