

# Which inhaler do you use?

## Metered Dose Inhaler

1. Stand up straight.
2. Shake your inhaler.
3. Breathe out all the way.
4. Put your inhaler through your teeth, with your tongue underneath.
5. Close your mouth around the inhaler.
6. Begin to breathe in slowly and deeply and press down on the inhaler at the same time.
7. Hold your breath 10 seconds.



## Metered Dose Inhaler with Spacer

1. Stand up straight.
2. Shake your inhaler.
3. Put the inhaler mouthpiece into the end of the spacer.
4. Breathe out all the way.
5. Put the spacer mouthpiece through your teeth, with your tongue underneath.
6. Close your mouth.
7. Begin to breathe in slowly and deeply and press down on the inhaler at the same time.
8. Hold your breath 10 seconds.



## Metered Dose Inhaler with Spacer and Mask

1. Shake the inhaler.
2. Put the inhaler mouthpiece into the end of the spacer.
3. Place the mask firmly over the child's nose and mouth. Make sure there is an airtight seal between the mask and the child's face.
4. Press down on the inhaler once.
5. Encourage the child to take at least 6 normal breaths.
6. Don't lift the mask off the child's face until they breathe in the medicine.
7. Remove the mask.
8. Wait at least one minute before a second puff, if needed.



## Pulmicort™ Turbuhaler

1. Stand up straight.
2. Hold the inhaler with the mouthpiece end up and the brown dial down. Never hold the inhaler with the mouthpiece down or the medicine may fall out.
3. Remove the cover.
4. Twist the brown dial to the right as far as it will go, then back to the left until it clicks.
5. Breathe out all the way.
6. Turn the mouthpiece towards you. Put your mouth all the way around the mouthpiece.
7. Inhale quickly and deeply through the inhaler.
8. Hold your breath for 10 seconds.
9. Replace the cover on the inhaler.



## Advair™ and Serevent™ Diskus

1. Stand up straight
2. Hold the inhaler label flat between the fingers and thumb of one hand. Never hold the inhaler with the mouthpiece down or the medicine may fall out.
3. With your other hand, slide open the inhaler using the notch on the side, so that the mouthpiece appears. Make sure the mouthpiece is facing towards you. Notice the small lever on the side.
4. Push the lever away from you until it clicks.
5. Breathe out all the way.
6. Put your mouth all the way around the mouthpiece.
7. Inhale quickly and deeply through the inhaler.
8. Hold your breath for 10 seconds.
9. Close the inhaler by sliding the cover over the mouthpiece.



### DO:

- ▶ Keep track of how many puffs you have used. It is hard to tell when an inhaler is empty unless you count how many puffs you have used. The Diskus and Turbuhaler count the puffs for you in a small window on the inhaler.

### DO NOT:

- ▶ Let your inhaler get wet. If it ever gets wet get a new one.
- ▶ Breathe out into the inhaler. Breathe in through your nose.
- ▶ Hold the inhaler with the mouthpiece down.