

### QUICK ACTING/RESCUE INHALERS:

Use as needed for shortness of breath, difficulty breathing, or wheezing.

### CONTROLLER/MAINTENANCE INHALERS:

Used everyday regardless of how you feel to help prevent worsening symptoms.

## Prime inhaler before use to ensure medication delivery

### Metered Dose Inhaler (MDI):

Prime prior to first use, if not used in more than 7-14 days, if dropped, and after cleaning.

- Hold inhaler in upright position
- Shake well for 5 seconds
- Press down on top of inhaler 2-4 times (depending on inhaler) away face
- Shake inhaler between each press

### Soft Mist Inhaler (SMI):

Prime prior to first use or if not used in 21 days.

- Keep cap closed
- Turn in direction of arrows on label until click, Open cap, point inhaler mouthpiece down and Press dose release button
- Repeat **Turn**, **Open** and **Press (TOP)** until you see mist, then repeat **TOP** 3 more times (4 total visible mists)
- If not used for more than 3 days, **TOP** one time

### Dry Powder Inhaler (DPI):

Do not prime.

### Additional Information and Videos:

[nationaljewish.org](http://nationaljewish.org)  
[copdfoundation.org](http://copdfoundation.org)  
[use-inhalers.com](http://use-inhalers.com)  
Manufacturer website

Ask your provider, pharmacist, or respiratory therapist.

## Inhaler Helpful Hints

- **Prime** inhaler before use if needed (see inside flap).
- **Sit up straight** or stand up.
- **Breath out** fully before inhalation of medication.
- **Form a tight seal** with lips around the mouthpiece to prevent medication loss.
- **Inhalations:**  
**Meter Dose Inhalers (MDI):** SLOW deep inhale  
**Soft Mist Inhalers (SMI):** SLOW deep inhale  
**Dry Powder Inhalers (DPI):** QUICK deep inhale
- **Breath Hold:** After inhalation of medicine, hold breath for up to 10 seconds or as long as comfortable.
- **Wait** 30 seconds between each inhalation if taking multiple puffs of medication.
- **Rinse Mouth:** If medication includes a corticosteroid, rinse mouth with water and spit after each use to help prevent thrush.
- **Cleaning:**  
**MDI:** Remove medication canister. Wash the plastic casing that surrounds the canister weekly in warm water, shake off extra water, and air dry. Some exclusions apply.  
**SMI:** Clean mouthpiece with a damp cloth or tissue at least once a week.  
**DPI:** Occasional wipe with a dry cloth. Do not use water to clean.  
**Spacer:** Disassemble as directed by manufacturer, soak parts in warm soapy water for 10 minutes, rinse, and air dry once a week.
- **Monitor:**  
**Dose counter:** discard when counter reaches zero.  
**Expiration date:** discard when expired.
- **Storage:** Store at room temperature. Do not store in vehicles.

# PROPER INHALER TECHNIQUE



## Did you know?

- *Inhaled medication needs to get to the lungs to work in the lungs.*
- *Up to 94% of people use their inhalers incorrectly.*
- *When you waste medication, you waste money.*
- *Up to \$7 billion is wasted due to improper technique.*



## Pressurized Metered Dose Inhaler (pMDI)

Your therapy: \_\_\_\_\_

1. If using inhaler for the first time, remove foil wrap, write expiration date, and assemble as directed by manufacturer.
2. If using for first time, if unused for more than one week, or if dropped, **prime** inhaler as instructed (inside flap).
3. Check dose counter, discard when zero (0). Check expiration date, discard if expired.
4. Remove cap, look for foreign objects, and take out if found.
5. Hold inhaler upright and shake well (5 seconds).
6. **Breathe out** fully away from mouthpiece.
7. Place mouthpiece between lips and form a good seal.
8. Breathe in **slowly** and deeply through the mouthpiece while at the same time press firmly and fully on the top of canister.
9. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
10. Breathe out slowly and fully (away from inhaler).
11. If an extra dose is needed, wait 30 seconds and repeat steps 3-10
12. Place cap back onto the mouthpiece, make sure it snaps firmly into place.
13. If inhaler contains a corticosteroid, rinse mouth with water and spit (do not swallow) after each dose to help prevent thrush.
14. Clean inhaler once a week as directed by manufacturer.



## pMDI with Spacer

Your therapy: \_\_\_\_\_

1. If using inhaler for the first time, remove foil wrap, write expiration date, and assemble as directed by manufacturer.
2. If using inhaler for first time, if unused for more than one week, or if dropped, **prime** inhaler as instructed (inside flap).
3. Check inhaler dose counter, discard when zero (0). Check inhaler expiration date, discard if expired.
4. Examine spacer for damage or missing parts, replace if needed.
5. Remove inhaler cap, look for foreign objects, and take out if found.
6. Insert inhaler into spacer, hold inhaler upright, and shake well (5 seconds).
7. **Breathe out** fully.
8. Place mouthpiece of spacer between lips and form a good seal.
9. Hold spacer in a straight level position, press firmly and fully on top of inhaler canister once.
10. Breathe in **slowly** and deeply through mouthpiece. If spacer produces "whistle" sound, slow inhale until no "whistle" sound is heard.
11. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
12. Breathe out slowly and fully.
13. If an extra dose is needed, wait 30 seconds and repeat steps 3-12
14. Remove inhaler from spacer and place caps back onto mouthpieces.
15. If inhaler contains a corticosteroid, rinse mouth with water and spit (do not swallow) after each dose to help prevent thrush.
16. Clean inhaler and spacer once a week as directed by manufacturer.



## Respimat® Soft Mist Inhaler (SMI)

Your therapy: \_\_\_\_\_

1. If using inhaler for first time, remove cartridge from foil wrap. Press safety catch firmly and remove clear base. Be careful not to touch piercing element. Write expiration date on label (3 months from the date cartridge is inserted). To assemble, insert narrow end of cartridge into inhaler, place inhaler on hard surface and push down firmly until it "clicks" into place (may take force to pierce cartridge). Replace clear base.
2. If using for first time or if unused in more than 3 days, **prime** inhaler as instructed (inside flap).
3. Check dosing counter on bottom half of the inhaler. Discard when locked, it is empty. Check expiration date, discard if expired.
4. Hold inhaler upright with the cap closed.
5. **Turn** base in direction of arrows (will hear a "click").
6. **Open** the cap until it snaps fully open.
7. **Breathe out** fully away from mouthpiece.
8. Place mouthpiece between lips and form a good seal. Do not cover air vents.
9. Breathe in **slowly** and deeply through the mouthpiece and at the same time **Press** down on the dose-release button.
10. Continue breathing in **slowly** and deeply.
11. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
12. Breathe out slowly and fully away from inhaler.
13. If a second inhalation is needed, repeat steps 4-12 (**TOP = Turn, Open, Press**).
14. Close cap (will hear a "click").



## HandiHaler® Dry Powder Inhaler (DPI)

Your therapy: \_\_\_\_\_

1. Open dust cap and mouthpiece.
2. Separate only one blister from blister card, open blister.
3. Remove capsule from blister pack and place into chamber.
4. **Do not swallow capsule.**
5. Close mouthpiece (will hear a "click").
6. Press green piercing button **once** until it is flat against base then release. Do not shake inhaler.
7. **Breathe out** fully away from the mouthpiece.
8. Place mouthpiece between lips and form a good seal.
9. Breathe in **quickly** and deeply through mouthpiece (capsule will vibrate).
10. Keep breathing in for as long as comfortable.
11. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
12. Breathe out slowly and fully away from the inhaler.
13. For full dose, repeat steps 7-12 from same capsule.
14. Flip open mouthpiece and throw capsule away by turning inhaler upside down and tapping it.
15. Close mouthpiece and dust cap (will hear two "clicks").

**Prior to using any inhaler, read manufacturer instructions.**



## Ellipta® DPI

Your therapy: \_\_\_\_\_

1. If using inhaler for the first time, remove inhaler from foil tray, write date opened and discard date (6 weeks from date opened) on label of inhaler. Throw away desiccant packet.
2. Check dose counter, discard if zero (0). Check expiration date, discard if expired.
3. Slide cover down (will hear a "click"). Your dose is ready to inhale.
4. Do not shake.
5. **Breathe out** fully away from mouthpiece.
6. Place mouthpiece between lips and form a tight seal. Do not cover air vents.
7. Breathe in **quickly** and deeply through mouthpiece.
8. Remove inhaler from mouth and **hold breath** for 3-4 seconds or as long as comfortable.
9. Breathe out slowly and fully away from inhaler.
10. Slide cover upward to close (will hear a "click").
11. If inhaler contains a corticosteroid, rinse mouth with water and spit (do not swallow) after each dose to help prevent thrush.



## Diskus® DPI

Your therapy: \_\_\_\_\_

1. If using inhaler for first time, remove foil wrap, write date opened and discard date (check manufacturer) on label of inhaler.
2. Check dose counter, discard when zero (0). Check expiration date, discard if expired.
3. Open cover using thumb grip (will hear a "click").
4. Hold level and flat (hamburger style).
5. Slide the dose release lever to the right (will hear a "click") to release dose.
6. **Breathe out** fully away from the mouthpiece.
7. Place mouthpiece between lips and form a good seal.
8. Breathe in **quickly** and deeply through mouthpiece.
9. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
10. Breathe out slowly and fully away from inhaler.
11. Slide the cover close with thumb grip (will hear a "click").
12. May not taste or feel medicine. Do not take extra dose.
13. If inhaler contains a corticosteroid, rinse mouth with water and spit (do not swallow) after each dose to help prevent thrush.



## RespiClick® DPI

Your therapy: \_\_\_\_\_

1. If using inhaler for the first time, remove inhaler from foil wrap.
2. Check dose counter, discard when zero (0).
3. Hold inhaler upright and open red cap fully (will hear a "click").
4. **Breathe out** fully away from the mouthpiece.
5. Place mouthpiece between lips and form a tight seal. Do not cover air vents.
6. Breathe in **quickly** and deeply through mouthpiece.
7. Remove inhaler from mouth and **hold breath** for up to 10 seconds or as long as comfortable.
8. Breathe out slowly and fully away from inhaler.
9. May not taste or feel medication.
10. Close red cap after each inhalation.
11. If inhaler contains a corticosteroid, rinse mouth with water and spit (do not swallow) after each dose to help prevent thrush.