PROPER INHALER TECHNIQUE

BACKGROUND
Inhaled medication needs to get to the lungs to work in the lungs
Up to 94% of people with asthma and COPD use their inhalers incorrectly
Wasted medication = wasted money
$25 billion spent on inhalers annually
Up to $7 billion is wasted due to improper technique

PRIMING
MDI: Prior to first use, if not used in more than 7-14 days, if dropped, and after cleaning.*
1. Hold inhaler in upright position.
2. Shake well for 5 seconds.
3. Press down on top of inhaler 2-4 times away from face.
4. Shake inhaler between each press. *Depending on specific inhaler
SMI: Prime prior to first use or if not used in 21 days
1. Keep cap closed.
2. Turn in direction of arrows on label until click.
3. Open cap, point inhaler mouthpiece down and press dose release button.
4. Repeat Turn, Open and Press (TOP) until you see mist, then repeat TOP 3 more times (4 total visible mist).
5. If not used for more than 3 days, TOP one time.
DPI: Do not prime.

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.

INSTRUCTIONS FOR USE
1. Prime: Prior to use MDI and SMI
2. Shake: MDI for 5 seconds
3. Sit/Stand: up straight
4. Breathe out: Fully prior to inhaling medication
5. Place: Mouthpiece between lips to form a good seal, keep tongue and teeth out of the way.
6. Breathe in: MDI: Breathe slowly and deeply while pressing button
SMI: Breathe in slowly and deeply while pressing button
DPI: Breathe in slowly and deeply
7. Hold breath: Up to 10 seconds or as long as comfortable
8. Rinse and spit: If inhaler contains a corticosteroid

KEY
MDI = Metered Dose Inhaler
SMI = Soft Mist Inhaler
DPI = Dry Powder Inhaler

USING SPACER WITH MDI
• Using a spacer makes the MDI easier to use and ensures more medication gets to lungs.
• Shake your MDI before using and between each dose.
• BREATHE OUT fully before breathing in your medication.
• Load spacer with one puff at a time.
• Form a good seal with lips around mouthpiece, keep your tongue and teeth out of the way.
• Breathe in a SLOW deep breath. If whistle heard, slow down inhale.
• HOLD breath for up to 10 seconds to allow medicine to work in lungs.

MONITORING AND STORAGE
• Dose counter: Discard when counter reaches zero.
• Expiration date: Discard when expired.
• Store at room temperature.
• Do not store in vehicles.

ADDITIONAL RESOURCES
• nationaljewish.org
• copdfoundation.org
• use-inhalers.com
• Manufacturer websites

ATTENTION
Prior to using any inhaler or spacer, read manufacturer instructions. Visit manufacturer websites for detailed information on proper use and care of inhaler and spacer.

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