

Using my Inhalers

HFA inhalers with spacer:

1. Remove the cap from the MDI and chamber. Shake well.
2. Insert the MDI into the open end of the chamber
3. Breathe out completely.
4. Put the mouthpiece of the chamber between your teeth and seal your lips tightly around it.
5. Press the canister once.
6. Breathe in slowly and completely through your mouth. If you hear a "horn-like" sound, you are breathing too quickly and need to slow down.
7. Hold your breath for 10 seconds .
8. Repeat the above steps for each puff ordered by your doctor. Wait about 1 minute in between puffs.
9. **Remember to wash out your mouth!!!**

HFA without a spacer:

1. Remove the cap from the MDI and shake well.
2. Breathe out all the way.
3. Put the mouthpiece of the inhaler between your teeth and seal your lips tightly around it.
4. As you start to breathe in slowly, press down on the canister one time.
5. Keep breathing in as slowly and deeply as you can.
6. Hold your breath for 10 seconds
7. **Wash out your mouth!!**

Inhaler FAQ's

*There are multiple techniques for dry powder inhalers.

*You should inhale an aerosol slowly and dry powder inhalers quickly.

*Dry powder inhalers must be "activated" before each use

*Wait at least one minute between puffs

*Hold your breath at least 10 sec with each puff

*ALWAYS wash your mouth out between uses to avoid thrush