

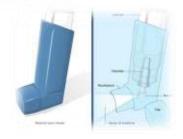
WHAT IS AN INHALER?

hand-held, portable devices that deliver medication to your lungs

3 MAIN TYPES OF INHALER



METERED DOSE INHALER



Medicine is stored in the canister When you press down on the canister, the medicine travels through dosing chamber and sprays out of the mouthpiece.

HOW TO USE

Each inhaler manufacturer has specific instructions for using their inhaler; the following are **GENERAL INSTRUCTIONS**:

♣ When using an MDI FOR THE FIRST TIME (with or without a spacer), prime the inhaler first:

Shake the MDI for five seconds.

Press down the canister with the index finger to release the medication. Hold the inhaler away from your face to prevent medication from getting into your eyes

Wait a few seconds, shake the inhaler, and press the canister down again.

Repeat the last step two more times (for a total of four times).

After an inhaler is used for the first time, it does not need to be primed again unless you do not use it for two weeks or more.

■ Getting the most out of your inhaler — The following tips can help to get the most out of a metered dose inhaler:

Remember to take the cap off the mouthpiece

Be sure there is medication in the canister

Shake the MDI vigorously for five seconds before each puff

Inhale through the mouth when breathing in the medication, not the nose

Keep your tongue under the mouthpiece so that it does not block the opening of the mouthpiece

Take a slow, deep breath at the same time you press down on the medication canister

Hold your breath for as long as comfortable (5 to 10 seconds) and then exhale $\,$

Inhaler containing steroids:

After using your inhaler, rinse your mouth with water, gargle, and spit. Do not swallow the water.

This helps reduce side effects from your medicine.



Hold the MDI upright with your thumb supporting the bottom of the inhaler



If you use a spacer, you might need to use your other hand to hold it. Different types of spacers are available

HOW TO CLEAN

Each inhaler manufacturer has specific instructions for cleaning their inhaler; the following are **general instructions**:

Remove the medication canister and cap from the mouthpiece. Do not wash the canister or immerse it in water.

Run warm tap water through the top and bottom of the plastic mouthpiece for 30 to 60 seconds. Use a soft cloth to remove any crusting of medication around the pinhole in the plastic mouthpiece.

Shake off excess water and allow the mouthpiece to dry completely (overnight is recommended).

If you need the inhaler before the mouthpiece is dry, shake off excess water, replace canister, and test spray two times (away from the face).

Reference: https://www.uptodate.com/contents/inhaler-techniques-in-adults-beyond-the-basics