

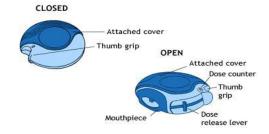
WHAT IS AN INHALER?

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

3 MAIN TYPES OF INHALER



DRY POWDER INHALER



- contains a dose of one or more modification in a dry powder form
- do not need to coordinate pressing the canister with inhaling
- must inhale more forcefully
- important not to blow (exhale) directly into the device before breathing in
 - this can scatter the medicine before it can be inhaled

TWO MAIN TYPES

1. Multiple Dose Devices

 contain up to 200 doses; these come with a counter so you can see how many doses of medication remain

2. Single Dose Devices

- require you to place a capsule in the device immediately before each treatment.
- DPI capsules should **not** be swallowed.



HOW TO USE

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

Remove the cap. For single use devices, load a capsule into the device as directed.

Breathe out slowly and completely (not into the mouthpiece).

Place the mouthpiece between the front teeth and seal the lips around it.

Breathe in through the mouth quickly and deeply over two to three seconds.

Remove the inhaler from the mouth. Hold your breath for as long as possible (4 to 10 seconds).

Breathe out slowly.

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.

HOW TO CLEAN

Most DPIs should **NOT** be washed with soap and water.

The mouthpiece can be cleaned with a dry cloth.

Consult the instructions with your inhaler for further information

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