



# INHALER

## Soft Mist Inhaler (SMI)

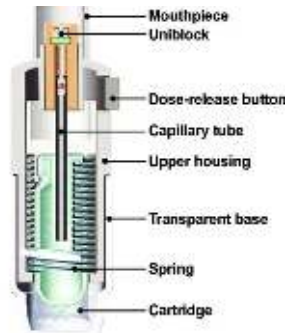
### WHAT IS AN INHALER?

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

### 3 MAIN TYPES OF INHALER



### SOFT MIST INHALER



- ✚ Also known as Respimat Inhaler, are propellant-free
- ✚ SMI release medication in a fine mist that comes out more slowly and last longer in the air than the aerosol produced by Metered Dose Inhaler
- ✚ Patient release the medication by pressing down a button on the side of the inhaler while breathing in

### HOW TO USE

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

Before you can start using your SMI, you need to insert the cartridge:

Press the safety catch on the side of the inhaler and remove the plastic base

Push the cartridge into the inhaler until it clicks  
(to make sure it is inserted completely, push the cartridge against a firm surface, like a table top)

Once the cartridge is in, put the clear plastic base back on and press until you hear a click

When using an SMI **FOR THE FIRST TIME**, prime the inhaler first:

Hold the inhaler upright with the cap closed and twist the clear base clockwise (to the right) until it clicks

Open the cap and point the inhaler at the floor, away from your face.

Press the button on the side until you see a mist come out.

Repeat these steps three more times.

To use your SMI for a dose of medication:



- ✚ With the cap closed, hold the inhaler upright and turn the clear base (following the arrows) until it clicks.



- ✚ Open the cap, and then breathe out slowly and completely.



- ✚ Hold the inhaler horizontally and put the mouthpiece in your mouth.
- ✚ Take a slow, deep breath.
- ✚ As you start to breathe in, press the button on the inhaler to release the medicine.
- ✚ Continue to breathe in until your lungs are full. Hold your breath for 10 seconds, then remove the inhaler and breathe out slowly.
- ✚ When you are done using your inhaler, close the cap again.
- ✚ You do not need to shake your inhaler.

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

- ✚ Clean your inhaler once a week by wiping the mouthpiece (inside and outside) with a clean, damp cloth.

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