

How to Use an Asthma Inhaler

The following are recommended steps in order to use your prescribed inhaled medication correctly.

If you have received this informational flyer you or your family member has been prescribed the use of an inhaled medication (inhaler). The following steps will insure you are properly using your medication.

1. Take the inhaler out of the box or carton.



2. If the medication is not already placed in the plastic inhaler, please place it with the open end facing down. Next place your index finger on top of the metal canister. Don't press hard or you may waste a dose.



3. Place your thumb on the bottom of the inhaler with your index finger still on the top of the canister, not pressing hard. Keep your hands in position until ready for first dose.



4. Next take the cap off of the mouthpiece of the inhaler.



5. Now shake the inhaler back and forth 4-6 times gently.

6. Inhale then exhale...



7. Place the mouthpiece in your mouth, ensuring your lips are closed around it tightly.



8. As you inhale...press down on the metal canister with your index finger.

9. Once you have inhaled the medication in, take your index finger off of the canister and take the inhaler out of your mouth.



10. Hold your breath for a minimum of 10 seconds, and then exhale.



11. If your physician or medical provider has prescribed more than one dose, repeat steps 3-12.

12. Once you have taken the prescribed medication dose, place the cap back on the mouthpiece and put in a safe and dry area.



TIPS

- If your physician or medical provider prescribed a spacer, place the spacer on the inhaler and follow the same steps as above.
- Some inhalers can cause hoarseness and candidiasis - it can be useful to rinse your mouth with water after taking your inhaler.

WARNINGS

- If inhaler has a dose counter: When it shows 000 do not use it or you will not receive the proper dose.
- Do not puncture the metal canister.