

## How to use an inhaler

This handout explains the steps for how to use an inhaler.

### Ten easy steps

1. Take the cap off
2. Hold it so the mouthpiece is at the bottom
3. Shake it before using
4. Stand or sit up straight
  - o Do not put your chin down
  - o Bend your head back a little
5. Open your mouth and slowly breathe out all the air in your lungs
6. Put the mouthpiece in your mouth or right in front of your mouth
7. Start to breathe in through your mouth
8. Push the top of the inhaler down and keep breathing in
9. Close your mouth and hold your breath for the count of 10
10. Repeat 1 more time, if your doctor has told you to do this 2 times

### Keep it clean

- Clean the mouthpiece when you see powder on it
- How to clean it
  - o Take out the metal container that has the medicine in it
  - o Do not wash the metal container
  - o Rinse the plastic mouthpiece with warm water
  - o Let it dry overnight

### Do not run out of inhaler

- Plan ahead
- Keep a back-up supply
- Know how many puffs your inhaler has when it is full

Number of puffs in the inhaler	How often it is used in a day	How many days it will last
<b>60 puffs</b>	2 times a day	30 days
	4 times a day	15 days
<b>100 puffs</b>	4 times a day	25 days
	6 times a day	16 days
	8 times a day	12 days

<b>Number of puffs in the inhaler</b>	<b>How often it is used in a day</b>	<b>How many days it will last</b>
<b>120 puffs</b>	2 times a day 4 times a day 6 times a day 8 times a day	60 days 30 days 20 days 15 days
<b>200 puffs</b>	4 times a day 6 times a day 8 times a day 9 times a day 12 times a day 16 times a day	50 days 33 days 25 days 22 days 16 days 12 days
<b>240 puffs</b>	4 times a day 6 times a day 8 times a day 9 times a day 12 times a day 16 times a day	60 days 40 days 30 days 26 days 20 days 15 days

---

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.

---